

What are family values

Introduction

What exactly makes up a strong family that possesses good family values?

A strong family is one that sustains its members — that supports and nourishes the members throughout the span of that family .

A strong family unit creates a safe, positive and supportive place for all members to thrive. They are able to utilize resources and to live together in a fairly healthy manner.

The adults in a strong family set the tone. They are good role models that lead by example. They reach out to friends and community and teach their children the importance of doing the same -- and that becomes part of who the children are. They work together to solve problems, and they pass their skills on to the next generation. Some important elements of a strong family system are Individuality, Integrity, Skills and Competences, Knowledge, Compassion, Family, Optimism, Cohesion, Flexibility, and Communication.

Value N° 7

Optimism

Life is full of promise. We have goals that motivate us, and look to the future with a sense of purpose, knowing that we can make a difference. Though our individual influence may be small, it will spread from our family to others, and to future generations. Our purpose is to work together to bring about personal fulfillment in our lives and peace in the world.