

Leader Philosophies Are Everywhere— Why Not for Your Family?

Every leadership course, seminar, and book emphasizes the importance of having a clear leader philosophy. Whether you're in charge of a Fortune 500 company, a sports team, or a military unit, defining your core values and guiding principles is essential for success.

Now, think about this: You are the leader of the most important team you'll ever be a part of—your family. So why wouldn't you create a "leader philosophy" for your family?

A parenting philosophy is your North Star, guiding you through the complex, ever-changing journey of raising children and nurturing your household. It's a chance to define what you stand for as a parent, what values you want to instill in your children, and how you'll navigate challenges together.

By crafting a clear family philosophy, you step into your role as a leader with purpose, direction, and confidence. Your family deserves the same intention and thoughtfulness you'd dedicate to any other team—perhaps even more.

So, let's build a parenting philosophy that sets the tone for a thriving, resilient, and connected family.



A close-up photograph of a man with a beard and glasses, wearing a dark jacket, gently kissing a young child with curly hair on the cheek. The child is smiling and looking towards the camera. The background is a blurred outdoor setting with a body of water.

How to Create a Parent Philosophy

A parent philosophy is a personal guide that reflects your values, beliefs, and priorities as a parent. It helps provide clarity and consistency in your approach to parenting and serves as a foundation for navigating challenges, celebrating milestones, and building a meaningful relationship with your children.

Why Create a Parent Philosophy?

Clarity: Helps define what kind of parent you want to be.

Consistency: Guides your decisions and responses in various situations.

Connection: Strengthens your bond with your children by aligning your actions with your core values.

Legacy: Provides a framework for teaching your children life lessons and principles.

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Three words

Write down three words that you feel describe you.

Ask your children and partner to do the same.

Reflect

Are you modeling the behavior you want to instill in your kids?

Are you leading your family effectively and honorably?

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Identify Your Core Values

3-5 min: Each family member identifies 5 values.

Each family member writes down everyone's top five values.

Everyone circles their "new" top 3-5 values from the combined list.

If there is no consensus, give each person a turn from youngest to oldest as to why they feel their choice of values should be included in the family philosophy.

***Optional: You can get creative for how to display these values around the house. (wall art, paint rocks, burn into wood, etc.)**

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Discover Your Core Values

- Abundance
- Advancement
- Adventure
- Affection
- Appreciation
- Balance
- Be True
- Beauty
- Believe in the Good of People
- Clarity
- Communication
- Connection
- Fairness
- Faith
- Fame
- Family
- Finances
- Finesse
- Fitness
- Forgiveness
- Freedom
- Grace
- Happiness
- Home
- Love of Career
- Loyalty
- Openness
- Order
- Patience
- Peace
- Personal Development
- Power
- Pride in your Work
- Relationships
- Renewal
- Respect
- Career
- Commonality
- Caring
- Entertain
- Charisma
- Creativity
- Contributing
- Change
- Encouragement
- Compassion
- Cooperation
- Contentment
- Friendship
- Gratitude
- Fun-Loving
- Kindness
- Goodness
- Integrity
- Humanity
- Generosity
- Involvement
- Harmony
- Humor
- Honesty
- Professionalism
- Religion
- Prosperity
- Wellness
- Reciprocity
- Strength
- Self-Respect
- Quality
- This Too Shall Pass Attitude
- Resilience
- Speed
- Security
- Facilitation
- Love
- Courage
- Diversity
- Effectiveness
- Enjoyment
- Endurance
- Excellence
- Excitement
- Knowledge
- Entrepreneurial
- Willingness
- Spiritualism
- Joy/Play
- Innovation
- Intelligence
- Invention
- Justice
- Trusting your Gut
- Leadership
- Work smarter not harder
- Learning
- Teamwork
- Wisdom
- Success
- Wealth



Reflect on YOU

Ask yourself:

- What qualities do I want to instill in my children?
- What values do I prioritize as a person (e.g., honesty, kindness, perseverance)?
- What kind of parent do I aspire to be?

Take some time to write down your answers. These will form the backbone of your philosophy.



Analyze Your Influences

Consider:

- How were you parented? What do you want to emulate or change?
- Are there role models or mentors whose parenting style you admire?
- What cultural or societal influences shape your perspective?

Understanding your influences helps you create a philosophy rooted in authenticity.

Pick an Animal or Create a Crest

Have some fun with this one.

My kids enjoyed identifying an animal that represented what we wanted to aspire to be. So much so that they came up with an animal that represented each person.

Some may choose to create a family crest but my kids weren't interested in this kind of thing. however artifacts such as this are instrumental in creating a high performing culture.

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Write Your Parent Philosophy

Combine your values, goals, and approach into a concise statement.

"As a parent, My mission is to create a nurturing and supportive environment my children feel safe, valued and loved I aim to foster their growth into kind, resilient, compassionate, and independent individuals by modeling integrity, prioritizing communication, and encouraging curiosity."

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6. Adapt and Evolve

This is a living breathing document. Your philosophy should be flexible and adaptable as your children grow and as life circumstances change. Revisit it periodically and make adjustments as needed.

Tips for Success

- **Keep It Simple:** Avoid overcomplicating your philosophy. Focus on what truly matters to you.
- **Be Honest:** Your philosophy should reflect your genuine beliefs and aspirations.
- **Involve Your Partner:** If co-parenting, work together to create a shared philosophy.
- **Stay Consistent:** Use your philosophy as a guide for everyday parenting decisions.

Example Parent Philosophy Statements

Example 1: Focus on Resilience

"I strive to empower my children to face life's challenges with confidence and resilience. Through patience, empathy, and consistent support, I aim to teach them the importance of perseverance, self-belief, and emotional regulation."

Example 2: Emphasizing Connection

"My goal as a parent is to build a strong, trusting relationship with my children by fostering open communication and mutual respect. I will prioritize their emotional well-being and encourage them to embrace their unique strengths."

Example 3: Encouraging Growth

"As a parent, I am committed to providing a safe and stimulating environment where my children can explore, learn, and grow. I will guide them with compassion and encourage a growth mindset in all aspects of their lives."

Closing Thoughts

Creating a parent philosophy is a powerful way to align your parenting practices with your core values and goals. It helps you approach parenting with intention, navigate challenges with confidence, and build a lasting legacy for your children. Take the time to craft yours today—your future self (and your children) will thank you.