



# VIRTUAL FAMILY EDUCATION SERIES

## SELECT A VALUES CARD & CREATE A SHARED VALUES STATEMENT

**SPEAKER - DR. RICHARD ORLANDO**

[Link to Blog Post](#) | [Link to Video](#)

Hello, my name is Richard Orlando, founder of Legacy Capitals, and more importantly a husband and father. Like most families around the world you are probably quarantined with some family members and still have other family members you cannot be with yet. During these unprecedented times, our Legacy Capitals team is committed to provide you with various ideas and activities that you can implement with your loved ones, whether they are literally with you in your home or virtually connected by phone or video.

Our intention is to help you make the most of this time until we were all on the other side of the situation and back to the busyness of life. I know I am committed to helping my family use this time to set goals, grow, and come out of this better aligned with what really matters in life. Most recently we posted a 14-day series of blog posts titled *Family Quarantine Time*. In case you missed them, you can find these blogs by going to [LegacyCapitals.com/blog/](https://LegacyCapitals.com/blog/).

Our new series is called, *Virtual Family Education*. In this series there are short videos each providing an activity to implement with your loved ones. You can also find this series posted on [LegacyCapitals.com/blog/](https://LegacyCapitals.com/blog/) as well as other sites such as our LinkedIn and Twitter sites. I would recommend that you first watch the video to learn about the activity, and then schedule time to gather your family virtually or otherwise to share the activity together.

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Here is today's activity. Today's activity is based on our *Capital Cards*. The Capital Cards deck consists of 52 cards, plus one blank, and on the face of each card is represented a unique priority or value. What you see here are ten of the actual 52 cards that are in the deck. So, for example:

Card number four reads: *An up-to-date estate plan aligned with my values and intentions.*

Card number thirty reads: *Knowing and accepting the unique strengths, gifts, and passions of my family members.*

Card number thirty-eight reads: *Open two-way communication with my family and others I care about.*

So, we're showing you ten of the cards here. This exercise is a valuable and fun activity to help create a meaningful conversation within your family regarding what the top values and priorities of each family member are. Then, based on these values and priorities, we will explore how we roll them up into one shared values statement. So, I'd like you to take a moment to read these ten cards, and then I'm going to describe how we're going to complete the exercise.

Here's how the exercise goes. Using these ten options, each family member will pick their top three. After you give each member of the family enough time to do that, then each family member goes around and shares their top three choices and explains the *why* behind their choices. For example, if I chose card nineteen as one of my top three values or priorities, I would speak to why I chose *being a good steward of my financial assets* as one of my choices.

As each family member shares their choices, in terms of their top cards selected, and shares their *why*, it'll deepen the understanding and the richness of what's important to your family at this time. Do that exercise with your family members and make sure everyone shares their top three choices and their *why*. Then, as a family, discuss what benefit you derived from this activity and what, if anything, there is to do to build on or put into action based on those shared values and priorities.

If you're interested in this exercise in its fuller form, you can go to [LegacyCapitals.com/shop/](https://LegacyCapitals.com/shop/). Then, find the image which represents the deck of Capital Cards and add them to your cart.

Enjoy this activity, it will create a very meaningful conversation for you and your family. Thank you for your time.