

Core Values Exercise

STEP 1: CORE VALUES LIST

Circle up to 5 value words that are most important to you, then **narrow the list to 3 to 5 words**. The blank lines at the bottom of each column allow you to add your own value words if you do not find them on this list.

truth
curiosity
efficiency
initiative
environment
communication power
control
courage
competition
excitement
creativity happiness
honor
innovation
obedience
community
effectiveness
integrity
peace
loyalty
clarity
financial security
love
intelligence
provide a
legacy
persistence
sincerity
fun
relationships
wisdom

flexibility
perspective
commitment
recognition
learning
harmony
honesty
originality
prestige
prosperity
discipline
respect
fairness
order
spirituality
adventure
cooperation
humor
collaboration
empathy
open-mindedness
autonomy
dependability
trust
beauty
excellence
teamwork
service
challenge
profitability

freedom
friendship influence
decisiveness justice
hard work
responsiveness
fulfillment
purposefulness
diversity strength
success stewardship
support
equality
harmony
patience
growth
variety
productivity
health
risk-taking
simplicity independence
home

STEP 2: CORE VALUES IN ACTION DURING LIMINAL TIMES

Please place your 3 to 5 Core Values in priority order and list an outcome statement for each. Next, identify what this value looks like **during times of liminality and uncertainty**. Behaviors do not need to be in priority order.

It is advisable to place your Core Values in priority order in case you face a decision where two values conflict. For example, if you have **Integrity** as a higher value than **Financial Security** but were offered a substantial amount of money as a gift that you know was obtained in an unethical manner. Taking the gift would improve your **Financial Security**, but you would decline the gift because your **Integrity** value has higher priority.

EXAMPLE

Core Value

Integrity

Outcome Statement

Do the right thing when no one is looking.

Behaviors in Liminal or Uncertain Times:

- *Tell the truth.*
- *Be prepared to apologize when necessary.*
- *Keep my word and my commitments.*

Core Value

Relationships

Outcome Statement

Engaged and thriving team members.

Behaviors in Liminal or Uncertain Times:

- *Prioritize building and sustaining trust.*
- *Frequently seek and apply feedback*
- *Incorporate everyone's gifts whenever possible.*
- *Recognize and reward EVERY success*

Core Value

Financial Security

Outcome Statement

Financial stability and right relationship to resources.

Behaviors in Liminal or Uncertain Times

- *Effectively manage and navigate losses*
- *Be transparent with decision making and financials*
- *Demonstrate abundance mindset*

YOUR CORE VALUES IN ACTION

Core Value

Outcome Statement

Behaviors in Liminal or Uncertain Times:

Core Value

Outcome Statement

Behaviors in Liminal or Uncertain Times:

Core Value

Outcome Statement

Behaviors in Liminal or Uncertain Times:

FOOD FOR THOUGHT

Is there alignment between your Core Values and your actual behavior? If not, where do you believe the gaps are?

Do you need to address any gaps between your Core Values and your actual behavior? If so, how will you go about doing so?