**Core Values Exercise**

**POSITIVE BEHAVIORS (a.k.a., YOUR BELIEF’S)**

Think about yourself, your spouse, and your immediate family members. Think about how they behave, how they interact with family and friends, how they work, their attitudes in general, how they make your family better just from their presence.

Below is a list of common terms used in identifying attributes that potentially make up core values. Check the box of up to 15 values that most closely resemble the behaviors, attitudes, work ethic and more that you see actively demonstrated by everyone in the family. If you believe there are other terms not listed below that better describe your observed behaviors, add those at the end and count them in your 15 values selected. It’s not uncommon to over-select on your first pass. That’s ok. If you do, re-assess your selections, and circle your top 15 values only.

* Above and Beyond
* Accessible
* Accountable
* Accurate
* Adaptable
* Ambition
* Amusement
* Appreciation
* Approachable
* Assertive
* Attention to Detail
* Attentive
* Available
* Balanced
* Being the Best
* Calm
* Candor
* Capable
* Careful
* Caring
* Character
* Charity
* Cheerful
* Clever
* Collaboration
* Comfort
* Committed
* Common Sense
* Community
* Compassion
* Competence
* Concern for Others
* Confidence
* Conformity
* Connection
* Consistency
* Continuous Improvement
* Contribution
* Cooperation
* Coordination
* Courage
* Courteous
* Craftsmanship
* Creative
* Credible
* Customer Focused
* Customer Service
* Decisive
* Dedication
* Delight
* Dependable
* Determined
* Dignity
* Diligence
* Direct
* Discipline
* Do the right thing
* Down-to-Earth
* Drive
* Duty
* Eagerness
* Education
* Effective
* Efficient
* Empathetic
* Empowering
* Endurance
* Enjoyment
* Entertainment
* Enthusiasm
* Ethical
* Exceed Expectations
* Excellence
* Excitement
* Experience
* Expertise
* Expressive
* Extrovert
* Fairness / Fair
* Faith Driven
* Faithful
* Family
* Fairness
* Fearless
* Firm
* Fitness
* Flexible
* Focus
* Foresight
* Fortitude
* Freedom
* Friendly
* Fun
* Generous
* Genius
* Giving
* God Centered
* God First
* Gratitude
* Growth-Oriented
* Guidance
* Happiness
* Hard Work
* Harmony
* Heart
* Helpful
* Helps first
* Honesty
* Hopeful
* Humble
* Humor
* Hungry for achievement
* Impactful
* Impartial
* Improvement
* Independence
* Innovative
* Inquisitive
* Insightful
* Inspirational
* Integrity
* Intelligence
* Intuitive
* Inviting
* Irreverent
* Joyful
* Just
* Kind
* Knowledgeable
* Learning
* Level-Headed
* Listening
* Lively
* Logical
* Loving
* Loyalty
* Mellow
* Meticulous
* Mindful
* Moderation
* Modesty
* Motivation
* Neatness
* Obedience
* Open-Minded
* Openness
* Optimistic
* Organization
* Originality
* Outrageous
* Partnership
* Passion
* Patience
* Patient-Centered
* Patient-Focused
* Patient
* Patriotism
* Peaceful
* Perceptive
* Perfection
* Performance
* Persistence
* Personal Development
* Personal Growth
* Persuasive
* Playful
* Pleasant
* Poised
* Positive
* Potential
* Powerful
* Practical
* Pragmatic
* Precise
* Prepared
* Pride
* Privacy
* Proactive
* Productive
* Professional
* Prosperity
* Prudence
* Punctuality
* Pursuit
* Quality
* Rational
* Realistic
* Refined
* Reflective
* Relational
* Reliable
* Reputable
* Resilience
* Resolute
* Resolve
* Resourceful
* Respectful
* Responsible
* Responsive
* Restraint
* Results-Oriented
* Sacrifice
* Safety
* Satisfaction
* Security
* Self-Control
* Self-Directed
* Self-Discipline
* Self-Improvement
* Self-Motivation
* Self-Reliance
* Self-Respect
* Selfless
* Sense of Humor
* Sensitive
* Serious
* Service
* Sharing
* Significance
* Silliness
* Simplicity
* Sincerity
* Skillfulness
* Smart
* Spiritual
* Spontaneous
* Stability
* Stealth
* Stewardship
* Strength
* Success
* Support
* Sympathetic
* Synergy
* Systemization
* Talent
* Teamwork
* Thankful
* Thorough
* Thoughtful
* Timely
* Tolerance
* Toughness
* Traditional
* Tranquil
* Transparency
* Trustworthy
* Truthful
* Understanding
* Unique
* Unity
* Unselfish
* Useful
* Virtue
* Vision
* Warmth
* Watchful
* Welcoming
* Willful
* Wisdom
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**NEGATIVE BEHAVIORS**

Below is a sizeable list of *negative behaviors.* Mark off any behavior that you believe exists in your family that you would like to *minimize* or *eliminate*. The operative word is *“existing”* as in now or the recent past. Ask yourself, “what behaviors have I witnessed that bother me to the point I’d like to stop it, or at least minimize it?” Mark as many as you know to be true, but I would avoid marking behaviors that you know you don’t care for (because that would be all of them), but that you also haven’t really witnessed them in your family. Remember, these are all negative behaviors, but they are not all present in your family, or at least I would hope not. Think about the most annoying one’s for you.

* Abrasive
* Acting busy
* Aggression
* Aggressive
* Angry
* Anxious
* Argumentative
* Arrogant
* Assuming
* Avoiding work
* Bad manners
* Belligerent
* Blaming
* Boorish
* Bossy
* Bullying
* Cell phone use at work
* Chauvinistic
* Cheating
* Clock watching
* Close-minded
* Complacent
* Complain
* Cowardly
* Crazy
* Creepy
* Critical
* Cruel
* Dangerous
* Deceitful
* Defiant
* Despicable
* Diabolical
* Disorganized
* Disrespectful
* Distract others
* Domineering
* Don’t listen
* Drama
* Erratic
* Excuse making
* Finicky
* Flashy
* Flippant
* Foolish
* Furtive
* Gossiping
* Guarded
* Haughty
* Heartless
* Heinous
* Hostile
* Inconsiderate
* Indecisive
* Indifferent
* Ingratiating
* Immoral
* Insulting
* Interrupting others
* Intimidating
* Irritating
* Isolation
* Jealousy
* Jittery
* Laziness
* Lying
* Making fools of others
* Malicious
* Manic
* Manipulative
* Menacing
* Minimizing
* Moody
* Mysterious
* Negative attitude
* Neglectful
* No communication
* No initiative
* Not knowing priorities
* Not my fault syndrome
* Not owning it
* Not trying
* Oblivious
* Objectifying
* Obnoxious
* Outrageous
* Panicky
* Pass the buck
* Passive-aggressive
* Patronizing
* Perfectionist
* Pessimism
* Petulant
* Poor listening
* Power plays
* Pompous
* Pouting
* Preoccupied
* Projection on to others
* Provocative
* Rationalizing
* Redefining to shift focus
* Rude
* Ruthless
* Secretive
* Selfish
* Sensationalizing
* Shallow
* Slacking/Slacker
* Spiteful
* Staying in safety zone
* Stealing
* Stingy
* Strange
* Tardiness
* Teasing others
* Temper tantrum
* Theft
* Thoughtless
* Threatening
* Uncaring
* Unforgiving
* Unsuitable
* Untidy
* Vagueness
* Vengeful
* Victim playing
* Vile
* Vindictive
* Vitriolic
* Vulgar
* Wary
* Wasting time
* Whining
* Wicked
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Add any additional behaviors you feel are present that need to go away where you see the arrows above.

Bucketing Exercise Example

Write down all the words from the positive short list (list of 8). If you have duplicate words, then only write each word one time (no duplicates needed). Starting with the first word in the list, put a number 1 next to it. This is your first bucket. Looking at the next word, ask yourself is this like any of the previous buckets or does this start a new bucket? If previous, put the number of the previous bucket, like #1. Do this as you move through the list. Another approach would be to look through the list and put a #1 next to all the words that are like the first bucket. Then do the same for the next bucket and so on. See example below

|  |  |
| --- | --- |
| 1 | Dedicated |
| 2 | Teamwork |
| 3 | Positive |
| 1 | Loyalty |
| 2 | Support |
| 4 | Professional |
| 5 | Common sense |
| 1 | Dependable |
| 2 | Respectful |
| 1 | Hard work |
| 2 | Communication |
| 1 | Doing the right thing |
| 1 | Trust |
| 1 | Growth oriented |
| 1 | Resilient |
| 1 | Above and Beyond |
| 3 | Improvement |
| 2 | Sincerity |
| 1 | Reliable |
| 3 | Self-respect |
| 3 | Sense of humor |
| 1 | Accountable |
| 1 | Committed |
| 1 | Responsible |
| 2 | Contributing |
| 3 | Friendly |
| 3 | Kindness |
| 2 | Patience |
| 3 | Happy |
| 2 | Cooperative |
| 3 | Character |

Your Core Value Buckets (Example)

|  |  |
| --- | --- |
| 1 | Dedicated |
| Dedicated, Loyalty, Dependable, Hard work, Trust, Growth oriented, Resilient, Above and Beyond, Reliable, Accountable, Committed, Responsible |
| 2 | Teamwork |
| Support, Teamwork, Sincerity, Communication, Contributing, Patience, Cooperative |
| 3 | Positive |
| Positive, Improvement, Self-Respect, Sense of Humor, Friendly, Kindness, Happy, Character |
| 4 | Professional |
| Professional, Doing the right thing |
| 5 | Common Sense |
| Common Sense, Respectful |

Your Core Value Definitions (Example)

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| 1 | We Believe in Being Dedicated… |
| We are hardworking, reliable, accountable, and loyal. We go above and beyond and do the right thing even when no one is looking. We are dedicated.  That means that behaviors like x, y, and z are unacceptable as a habit our family. |
| 2 | We Believe in Teamwork… |
| We are respectful, supportive, patient and contribute. We pull our weight and help others for the greater good. We are teamwork. |
| 3 | We Believe in Being Positive… |
| We are kind, happy, friendly, and smile naturally. We seek improvement, have a sense of humor, and spread good vibes. We are positive. |
| 4 | We Believe in Being Professional… |
| We are professional in all areas of our life. We seek to meet or exceed expectations in all we take on. We are professional. |
| 5 | We Believe in Having Common Sense… |
| We view all things from a sensible perspective. We use our judgement wisely to ensure our feelings don’t overshadow facts. We are common sense. |

Your Bucketing Exercise

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Your Core Value Buckets (Number of Buckets vary from 3 to 10+ - 3 to 5 is best practice)

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Your Core Value Definitions (For each value selected, create your definitions)

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