

Keeping It Together Value Exercise Cards

Instructions:

Step 1: Quickly separate your list into two categories. Place a circle around “Most Important Values” – Category A. Then, strike through your “Less Important” values – Category B.

Step 2: Take your choices from Category A and reduce them down to your Top 10 Most Important Values.

Step 3: Now, reduce your Top 10 Values to your Top 5 Values.

Step 4: Describe or give examples how your Top 5 affect and unfold in your family.

List of Values with Descriptions

- **Structure** — *Formality, processes, and systems*
 - **Balance** — *Balancing time and effort between work, home, and hobbies*
 - **Wisdom** — *Having deep understanding, insight, and knowledge; the ability to make good judgments*
 - **Trust** — *Firm reliance on the integrity, ability or character of a person or thing*
 - **Family** — *Being with family, both quality and quantity of time*
 - **Fun** — *Playfulness, ability to laugh and express humor, joking*
 - **Change** — *Looking forward to and valuing change, continuous improvement, doing things differently*
 - **Integrity** — *Words and deeds match up. I am who I am, no matter where I am or who I am with*
 - **Faith\Religion** — *Belief in a higher power*
 - **Teamwork** — *Cooperative effort by a group or team*
 - **Loyalty** — *Faithful to a person, an ideal, a custom, a cause, or a duty*
 - **Quality** — *A standard of excellence*
 - **Creativity\Innovation** — *Thinking outside the box; trying new ways of accomplishing a goal*
 - **Efficiency** — *Producing results in a timely manner with minimal waste, expense, or unnecessary effort*
 - **Legacy** — *Making a difference today with tomorrow in mind, succession*
 - **Knowledge** — *Subject matter expert, educated via experience or study*
 - **Competence** — *Possessing the skill, knowledge, and ability to effectively perform*
 - **Growth** — *Investing in lifelong learning, personal development, self — education*
 - **Recognition** — *giving and receiving acknowledgement for achievements*
 - **Authority** — *Possessing power over decisions, people, assets*
 - **Passion** — *Intense emotional excitement, boundless enthusiasm*
 - **Achievement** — *Aspires to the highest levels of excellence*
 - **Status** — *Holding a position of importance, high standing, or prestige*
 - **Effectiveness** — *Executing with precision to achieve results*
 - **Customer Satisfaction** — *Achieving excellence in customer satisfaction*
 - **Simplicity** — *Lack of complexity or complication*
 - **Independence** — *Free from the influence, guidance, or control of others*
 - **Diversity** — *Respecting a variety of cultures/lifestyles*
 - **Volunteerism\Service** — *Serving the community, non-profit organizations*
 - **Accountable** — *Takes responsibility for both actions and outcomes*
 - **Commitment** — *Being bound emotionally or intellectually to a course of action, dedication*
 - **Fitness** — *Being physically fit; optimal well-being*
 - **Money/Wealth** — *An abundance of valuable material possessions, riches*
 - **Perfection** — *Reaches the highest attainable standard, details*
 - **Urgency** — *Fast paced, swift, action oriented*
 - **Fairness** — *Treating people and being treated equally*
 - **Courage** — *The willingness to take calculated risks and step outside of one’s comfort zone*
- Honesty** — *Being truthful, sincere*