

CORE VALUES WORKSHOP

WHAT REALLY MATTERS

We will be starting shortly.



CORE VALUES WORKSHOP

WHAT'S COMING UP..

- Introductions
- Core Values-Why you need them and how to create them
- Question & Answer



CORE VALUES WORKSHOP

WHAT REALLY MATTERS



Nice to meet you



What we are going to cover...

The who, what, when, why, where and how of creating your core values.



How this made a
difference in our family...



WHAT
does this word
VALUE
really mean?

1. a person's principles or standards of behavior

It is unwise
opinion w
value /'væ
desirable:
worth of
break with

2. one's judgment of what is
important in life

It is unwise
opinion w
value /'væ
desirable:
worth of
break will

WHAT

matters to you?



WHAT

happens in this process?



WHAT

are your family's core values?



WHY

are values important to YOU,
to your LIFE,
to your MARRIAGE,
and to your FAMILY?



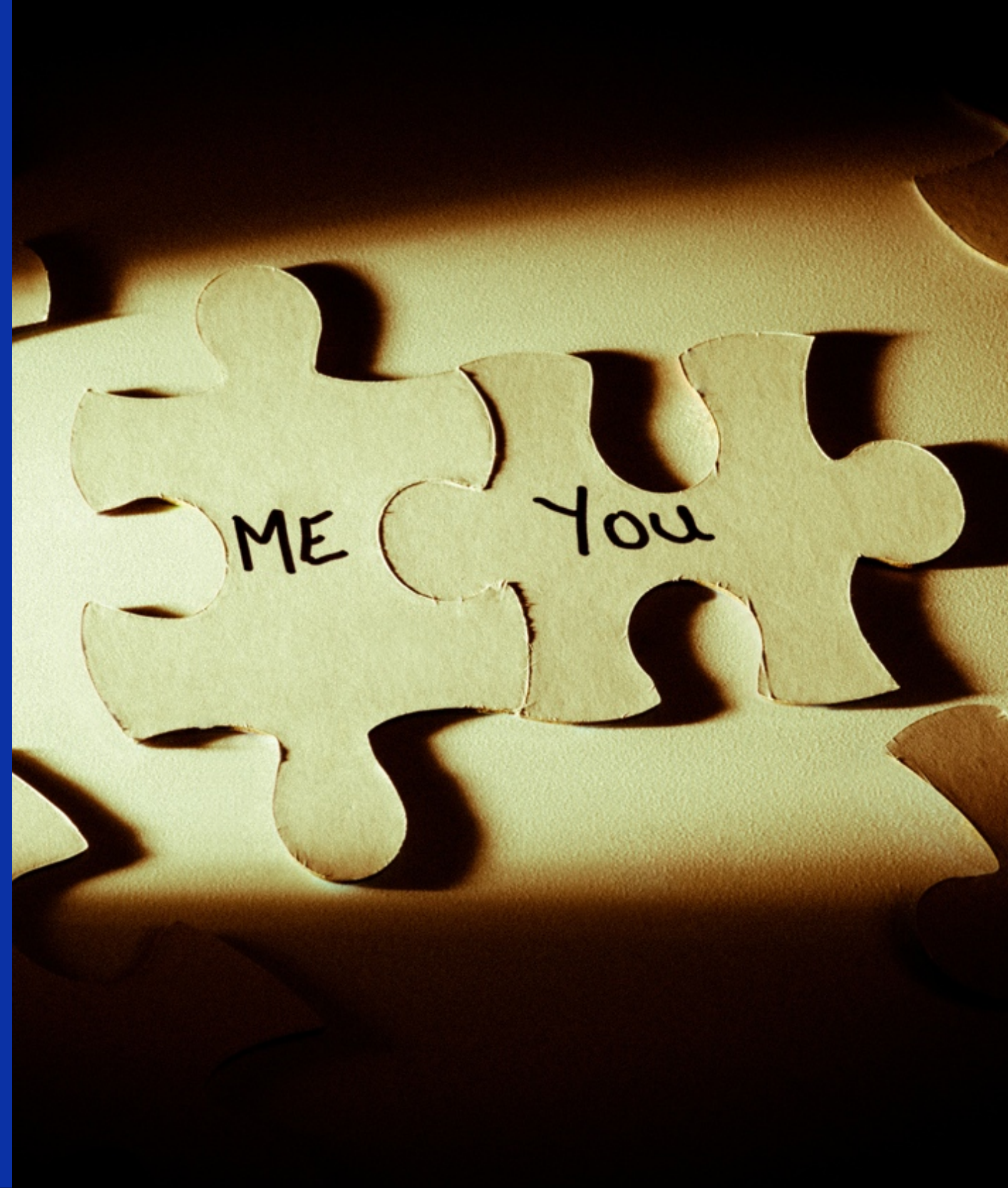
WHY

have core values?



WHO

is involved in the process?



WHERE

should you do this?



WHEN

should you do this?



Now!

WHEN

should you revisit your values?



HOW
do YOU make this all happen?

1. Start with your INDIVIDUAL word lists

FAMILY CORE VALUE

FINDING YOUR FAMILY CORE VALUES

From the list below, circle 10-35 core values that most resonate with you. Don't try to over-think this. Have some fun with the process. If you come up with other words that suit your family better, please use them.

Abundance	Empathy	Intuition	Responsibility
Acceptance	Encourage	Joy	Responsiveness
Accountability	Endurance	Justice	Restoration
Achievement	Energize	Kindness	Restraint
Adventure	Enthusiasm	Knowledge	Risk Taking
Ambition	Equality	Leadership	Safety
Appreciation	Ethics	Learning	Satisfaction
Assertiveness	Etiquette	Love	Security
Attractiveness	Excellence	Loyalty	Self-Awareness
Autonomy	Expressiveness	Making a Difference	Self-Control
Awareness	Fairness	Manners	Self-Discipline
Balance	Faith	Mercy	Self-Respect
Beauty	Family	Mindfulness	Selflessness
Boldness	Flexibility	Moderation	Sensitive
Brilliance	Focus	Modesty	Serve
Calmness	Foresight	Morality	Sharing
Caring	Forgiveness	Motivation	Simplicity
Challenge	Fortitude	Nonviolence	Sincerity
Charity	Freedom	Nurture	Spirituality
Cheerfulness	Friendships	Obedience	Stability
Cleanliness	Fun	Open-Mindedness	Strength
Cleverness	Generosity	Openness	Success
Commitment	Gentleness	Optimism	Support
Community	Giving	Originality	Sympathy
Compassion	Goodness	Passion	Teachable
Confidence	Grace	Patience	Teamwork
Connected	Growth	Peace	Tenacity
Consciousness	Happiness	Perfection	Thankfulness
Consistency	Health	Performance	Thoughtfulness
Cooperation	Helpfulness	Perseverance	Thrill
Courage	Honesty	Personal Development	Touch
Courtesy	Honor	Plan	Tradition
Creativity	Hope	Playfulness	Trust
Curiosity	Hospitality	Pleasure	Truth
Daring	Humility	Potential	Understanding
Decisiveness	Humor	Power	Uniqueness
Dedication	Imagination	Preparedness	United
Dependability	Impact	Proactive	Uplifting
Determination	Inclusiveness	Professionalism	Usefulness
Dignity	Independence	Punctuality	Versatility
Diligence	Individuality	Purpose	Vision
Discernment	Influence	Recognition	Warmth
Discipline	Innocence	Relationships	Wealth
Discover	Innovation	Reliability	Well-Being
Diversity	Inspiration	Resilience	Wholeness
Education	Integrity	Resourcefulness	Wisdom
Effort	Intelligence	Respect	Zeal

Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions.
Your actions become your habits. Your habits become your values. Your values become your destiny.

Mahatma Gandhi

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2. Minimum of 10, maximum
of 30-35



3. Make a list of the words
that you have
IN COMMON



4. Look for words that are
SIMILAR



5. DISCUSSION of each other's word choices



EMPOWERMENT PHRASES

What does that word mean to you?

In my opinion that word means...

From my perspective...

What do you like about that word?

What resonates with you?



Working with YOUR kids

0-5 Minimal input or interaction

6-10 The full list of words might be too much. Instead ask questions.

- If you had to describe our family what would you say?
- What words would you choose to describe our family?

11+ Give them the full list and do the exercise together. Be open to family discussion.



WHAT'S NEXT?

YOUR LIST needs
to be a VISUAL
REMINDER



Off the paper and
ONTO the **WALL**
we've done the hard work for you

Meet Amanda



Custom and Semi Custom Designs



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what you value.



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