

## STICKY FLOOR EXERCISE: IDENTIFYING YOUR CORE VALUES

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There are many different exercises you can do to help you establish your core values. This one is my favorite, and perhaps one of the most simplistic ones.

Below you will find a table of values. There are hundreds of values you can choose from; this list only contains a sliver of what is out there and is not an exhaustive list. Feel free to add to the list if one is missing.

Here's what I want you to do:

1. Read through the list once just to get a sense of what is on the list.
2. Take a red pen and cross off the values that stick out as simply ones that do not resonate with you. For example, I am not a person who thrives on detail and accuracy, so I can cross that one out quickly.
3. Then read through the list again. Cross off five more.
4. Continue crossing out five at a time until you are left with only three to five core values.

This exercise is easy at step one and two. But as you cross out the values, you may feel uncomfortable. Generosity, for example, is one I cross out, but when I do, I feel icky. It does not mean that I am not a generous person; it just means that it is not the most important thing in my life at this moment in time. The key here is that your values can change over time. When I was a college student with no family or kids, my values were vastly different from what they are today.

## CORE VALUES

Abundance	Acceptance	Accomplishment	Accountability
Accuracy	Achievement	Adventure	Affection
Ambition	Assertiveness	Authenticity	Awareness
Balance	Beauty	Boldness	Bravery
Brilliance	Care	Certainty	Charity
Challenge	Cleanliness	Clarity	Cleverness
Comfort	Community	Compassion	Competence
Confidence	Consistency	Contribution	Control
Cooperation	Courage	Courtesy	Creativity
Curiosity	Decisiveness	Dedication	Determination
Devotion	Dignity	Diversity	Efficiency
Empathy	Endurance	Equality	Ethicality
Excellence	Exploration	Faith	Fame
Family	Fearlessness	Fidelity	Fitness
Focus	Freedom	Friendship	Fun
Generosity	Grace	Gratitude	Growth
Happiness	Hard Work	Health	Honesty
Honor	Humility	Humor	Imagination
Independence	Innovation	Inspiring	Integrity
Intelligence	Joy	Justice	Kindness
Knowledge	Lawful	Leadership	Learning
Logic	Love	Loyalty	Mastery
Maturity	Meaning	Motivation	Openness
Optimism	Order	Originality	Passion
Patience	Patriotism	Peace	Play
Positivity	Power	Productivity	Professionalism
Prosperity	Quality	Responsibility	Results-Oriented
Security	Self-Actualization	Selflessness	Sensitivity
Serenity	Service	Simplicity	Skillfulness
Solitude	Spirituality	Stability	Stewardship
Strength	Success	Support	Teamwork
Thankfulness	Thoroughness	Thoughtfulness	Tolerance
Traditional	Tranquility	Trustworthy	Understanding
Unity	Vision	Vitality	Wealth
Welcoming	Winning	Wisdom	Worship