

The Corporate Rookie Core Values Exercise

Step 1. Read through the words and phrases below and pause to reflect on each. Circle 10 that you believe to be your top values. Take your time and select carefully.

Core Values Master List

Abundance	Authenticity	Harmony
Acceptance	Commitment	Honesty
Achievement	Balance	Well-Being
Competence	Order	Dependability
Contentment	Care for others	Humor
Discipline	Cooperation	Love
Diversity	Empathy	Loyalty
Effectiveness	Creativity	Knowledge
Equality	Stability	Winning
Fitness	Faith	Perseverance
Fun	Excellence	Openness
Gratitude	Family	Respect for others
Innovation	Fairness	Passion
Peace	Friendship	Security
Quality	Courage	Kindness
Self-Respect	Generosity	Serenity
Simplicity	Freedom	Responsibility
Success	Tranquility	Service to others
Teamwork	Self-Control	Joy
Wisdom	Independence	Spirituality

Step 2. Cross out six of the ten values you chose and select ONLY your top FOUR.
Note: This will not be easy but you MUST limit yourself to only four choices.

1. _____
2. _____
3. _____
4. _____

Step 3. Personally define each of your core values and your vision on how you consistently embody them.

Example:

Value: Success

I am passionate about getting things done. Big things, important things. I will set challenging goals and see them through to completion; earning, investing, and spending wisely so my family is financially independent.

Value: Well-Being

I will be a whole person, healthy in body and soul, staying fit physically and staying refreshed mentally and emotionally. I will always take the time to do the things I love.

Step 4. Check your vision with current reality

Share your FOUR values and personalized definitions with three trusted people. Ask them for feedback. Are these values observable in your daily actions; which includes comments on Facebook and other social media sites? If not, why not? Identify where you need to grow to ensure that you are true to what matters most to you.

Step 5. Incorporate your values in your daily routine

- For the first 30 days after doing this exercise, read through your values every day until you have them committed to memory. Then read them once a week. Do *not* vault these words and never think about them again! Constantly ask yourself, “How can I live these values at this moment?”
- Compare and contrast your actions to role models and those who you believe share similar values. What are they doing that you are not? What are three specific steps of action you can take in the next 30 days to more fully implement your values and vision?
- How will you know if these steps are working? Who will hold you accountable for taking them?

Step 6. Perform this exercise again after FOUR years.