

Family Values Exercise Adapted from Taproot <https://www.taproot.com/live-your-core-values-exercise-to-increase-your-success/>

1. Print a copy of this 1st page for each family member.
2. Each family member reads through the list and chooses and circles every core value that they feel represents the family. Do not overthink selections, simply circle the words that feel like a core value to your family. If you think of a value that is not on the list, be sure to write it down as well.

Abundance	Decisiveness	Intuition	Risk Taking
Abundance Acceptance	Dedication	Joy	Relationships
Accountability	Dependability	Kindness	Reliability
Achievement	Diversity	Knowledge	Resilience
Advancement	Empathy	Leadership	Resourcefulness
Adventure	Encouragement	Learning	Respect
Advocacy	Enthusiasm	Love	Responsibility
Ambition	Ethics	Loyalty	Responsiveness
Appreciation	Excellence	Making a Difference	Safety
Attractiveness	Expressiveness	Mindfulness	Security
Autonomy	Fairness	Motivation	Self-Control
Balance	Family	Nurturing	Selflessness
Being the Best	Friendships	Optimism	Service
Benevolence	Flexibility	Open-Mindedness	Sharing
Boldness	Freedom	Originality	Simplicity
Brilliance	Fun	Passion	Spirituality
Calmness	Generosity	Patience	Stability
Caring	Grace	Peace	Success
Challenge	Growth	Perfection	Teamwork
Charity	Flexibility	Performance	Thankfulness
Cheerfulness	Fulfillment	Personal Development	Thoughtfulness
Cleverness	Happiness	Proactive	Traditionalism
Community	Health	Professionalism	Trustworthiness
Commitment	Honesty	Playfulness	Understanding
Compassion	Humility	Popularity	Uniqueness
Cooperation	Humor	Positiveness	Usefulness
Collaboration	Inclusiveness	Power	Versatility
Consistency	Independence	Preparedness	Vision
Contribution	Individuality	Proactivity	Warmth
Creativity	Innovation	Professionalism	Wealth
Credibility	Inspiration	Punctuality	Well-Being
Curiosity	Integrity	Quality	Wisdom
Daring	Intelligence	Recognition	Zeal

3. Gather every family members 1st page of circled values. Group all similar values together from the list of values. Group them in a way that makes sense to your family. See examples below.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Community	Inclusiveness	Humility	Empathy	Fun
Freedom	Intuition	Encouragement	Honesty	Happiness
Independence	Love	Open-	Growth	Humor
Integrity	Trustworthiness	Mindedness	Patience	Inspiration
Flexibility	Respect	Respect	Spirituality	Kindness
Knowledge	Uniqueness	Mindfulness	Well-being	Optimism
Learning	Understanding			Positiveness

4. Choose key words within each grouping that best represents the most common among your family's lists. Again, do not overthink your labels. There are no right or wrong answers. You are defining the answer that are right for your family. See the example below.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Community	Inclusiveness	Humility	Empathy	Fun
Freedom	Intuition	Encouragement	Honesty	Happiness
Independence	Love	Open-	Growth	Humor
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Flexibility	Respect	Respect	Spirituality	Kindness
Knowledge	Uniqueness	Mindfulness	Well-being	Optimism
Learning	Understanding			Positiveness

6. Add a verb to each value. Example: **Live in Freedom, Act with Trustworthiness, Encourage Mindfulness, Promote Well-Being, Seek Inspiration.**
7. Use the values that are most common to help craft your draft **Family Mission Statement** using **Franklin Covey Mission Statement Builder**:
- a. <https://msb.franklincovey.com>
8. You can continue to write and revise your Family Mission Statement until you feel it reflects your family. You may also try going through the Freewrite section of the site to help you refine your mission and values.