

CORE VALUES EXERCISE: FACILITATOR DIRECTIONS

Thank you for facilitating the core values exercise. Follow these steps.

1. Receive your copy of the “Core Values Exercise” reproducible and ask your peers to read the core values list for a minute or two.
2. Give your peers three minutes to choose *ten* core values.
3. After three minutes, explain that they now have one minute to narrow the list to *five* core values.
4. After those three minutes, explain that they now have thirty seconds to choose their top *three* core values.
5. Ask your peers to spend four minutes sharing with a neighbor their responses to the following:
Describe your three core values. Explain how and why you developed a commitment to these values.
6. Pass out the reproducible “Actions–Values Alignment.”
7. Invite your peers to take five quiet minutes to complete the prompts. Then, ask the motivator to lead a brief discussion with the team about the responses.
 - » How did completing this grid feel? (Use the Mood Meter.)
 - » What did we notice about our responses? Were there any trends?
 - » Why did you select these core values?