

Choose or Lose!

Put each core value on its own small Post-It on a door frame that you walk past frequently; leave plenty of space between each one – this will be easiest if you leave room for 1-3 more stickies before placing the next one. As you go through, notice which pair of stickies stand out to you most – they can be adjacent and don't have to be.

In no more time than it usually takes you to walk through the doorway, quickly choose which of the two you'd keep if you were forced to give one up. If the one you choose is lower than the other one, move it to the next spot higher than the one you would choose to leave behind.

*Continue this process until a) you have considered each value in turn and b) you have reasonable confidence you have made a choice between each value and every other value you have listed. What you will have left is a stack-ranked list of core values that are most important to you. **Are you living your core values?***

Abundance	Fairness	Power
Achievement	Family Happiness	Recognition
Advancement	Friendship	Romance
Adventure	Health	Security
Affection	Helpfulness	Self-Reliance
Autonomy	Inner Harmony	Spirituality
Beauty	Integrity	Status
Challenge	Involvement	Respect
Community	Justice	Self-Respect
Competitiveness	Knowledge	Stability
Connection	Learning	Tolerance
Cooperation	Loyalty	Trust
Creativity	Order	Variety
Discovery	Pleasure	Wealth
Economic Security	Quality	Wisdom

What others can you add? Consider doing this exercise again at a later date to see how your priorities may have shifted.