

## **Core Values of Life**

### **Key Message to "Take The Ride of Your Life"**

**by Joyce Weiss**

© Copyright 2003 by Joyce Weiss. All rights reserved.

Speaker Joyce Weiss challenged the Region 3 audience to "Take The Ride of Your Life" by adding humor and joy to our day to day activities.

She noted that "humor is fluid like water, humor is a set of survival skills that relieve tension, keeping us flexible and fluid versus being rigid and breakable during challenging times." She suggested that we follow the lead of successful companies such as 3M, Ben & Jerry's and Southwest Airlines to have fun and reward that activity on the job.

Joyce suggested many ideas which we could add to our inventory in having fun such as:

- Theme Days (Elvis, clashing outfits)
- Slogan Contests
- Employee Baby Picture Bulletin Boards
- Throw a quarter into a "negative pot" and the money buys food for the staff.

For me, Ms. Weiss' best "take away" was her challenge to us to identify our top 10 core values from the following list:

1. Financial security
2. Respect from others (those whom you know)
3. Recognition - to be well-known to other people
4. Personal freedom and independence
5. Family structure and cohesiveness
6. Spirituality and faith
7. Punctuality for self
8. Efficient use of time
9. The want of personal solitude
10. Power over others
11. Personal Creativity
12. To be appreciated
13. To enjoy good health
14. To take on challenges
15. To experience excitement and adventure
16. To compete
17. To be productive

18. To feel inner peace
19. To experience love and affection
20. To be of service to others
21. To interact with others
22. To gain wisdom and insight
23. To enjoy cultural activities
24. To have intimate (truly honest and close) relationships with others

Once we identify the top 10 core value that we value, we should then prioritize them. Next, we should list the top 5 core values which are our ultimate internal motivators. With this listing we can evaluate how congruent our personal and professional lives line up with our core values. We can evaluate matches and deficits. Finally, she challenged us to identify at least one action plan to help us achieve a fulfilling life. This was a powerful exercise for me. And left unsaid, but obvious, is that the more congruent we are with our internal motivators, the more comfortable we are with humor in the workplace.

Please contact me if you have any questions regarding this presentation or email Joyce Weiss at [joyce@joyceweiss.com](mailto:joyce@joyceweiss.com) Her website is [www.joyceweiss.com](http://www.joyceweiss.com). Joyce is available for Chapter or Firm presentations.

Also note that information contained in this article is copyrighted and used by permission from Joyce Weiss. © Joyce Weiss. Bold Solutions to Boost the Bottom Line™ P.O. Box 250163, West Bloomfield, MI 48325-0163, Phone: (248) 681-5831, Fax: (248) 682-0358.