

# APPENDIX G

## Core Values Machine



### The Core Values Machine

#### 5 Steps to Value-Based Problem Solving

Have you ever wondered what it means to be a part of your family? To answer that question, look no further than the daily decisions you make. Our daily decisions create the culture or "vibe" of what it means to be a part of our family. When we have decisions to make, we can continue to build our family "vibe" through these five steps.

**Step 1:**  
Identify the Problem

**EXAMPLE**

- Kids aren't doing their chores
- Kids are fighting
- Kids are failing a class at school

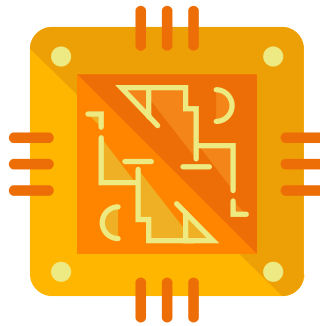
**Step 2:**  
Reference Your Core Family Values

**EXAMPLE**

- Compassion
- Dignity
- Honesty

**Step 3:**  
Filter the problem through:

**THE CORE VALUES MACHINE**



**Step 4:**  
Select a solution based on your values

- Is our solution compassionate?
- Is our solution dignified?
- Is our solution honest?

**Step 5:**  
Reflect and refine

- What was the result of our value-based problem-solving?
- Were we happy with the result?
- Why?
- Why not?
- What would we do differently (if at all) next time?

Source: Author created using Venngage.com

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