

Core Values Activity

How to identify what is meaningful to you and lead from that space.

Why do my
values
matter?

01 **Knowing your values increases your self-awareness as a leader.**

Our values guide our behavior, so having self-awareness allows you to lead from a place of authenticity + genuine knowledge of why you do what you do.

02 **Understanding your values helps you make better decisions.**

Once we know that our values drive behavior and we have an understanding of that, we can begin to call on those values to make more educated decisions in our lives, both personally and professionally.

"Before you tell your life what you intend to do with it, listen for what it intends to do with you. Before you tell your life what truths and values you have decided to live up to, let your life tell you what truths you embody, what values you represent."

Parker Palmer



TO LEAD WELL, YOU MUST ESTABLISH THE VALUES FOUNDATIONAL TO YOUR VISION AND PURPOSE.

Great leaders set themselves apart because of remarkable vision and the ability to lead consistently through times of transition and change. And who would you be without the core beliefs that guide your decision-making, right? Your leadership is valuable because of who you are at the core when everything else seems unstable and uncertain.

In defining your values, you will be able to quickly call on those guiding principles and beliefs when you need them most as a leader. Let's start the process of discovering yours!

ACTIVITY INSTRUCTIONS

This exercise is crucial for identifying the values that are most important to you. Through the activity, **pay attention to your process** - it will reveal things you may or may not have known about crucial non-negotiable values that point you back to your true north everyday.

1. Review the list of values on the next page.
2. Put a star* next to all the values you feel are important to you (feel free to add your own).
3. Take a few minutes to reflect and narrow the starred list to your top eight.
4. Once you have done that, narrow the list to five.
5. Now, narrow your list to your top three.
6. And finally, get it down to YOUR TOP TWO values.

CORE VALUES

Please pay attention to your process while navigating this values activity.

Peace
Wealth
Happiness
Success
Friendship
Diversity
Authenticity
Power
Influence
Faith

Transparency
Joy
Consistency
Structure
Commitment
Integrity
Professionalism
Love
Recognition
Creativity

Truth
Wisdom
Responsibility
Generosity
Learning
Balance
Resourcefulness

YOUR CORE VALUES

How would you define each of your core values?

+

REVIEW & REFLECT

NAVIGATING YOUR VALUES

While you may have narrowed it down to two values, your selected value words are packed with meaning and context. You likely went through a process of "bundling" - embedding one value in another and counting two or more values as one because you see their inextricable connection.

This is not cheating - it's a process that helped you to feel like you were not actually removing values from your list. Instead, you have found clarity in how you define these values for your life and leadership. You will most likely be able to think of several experiences to support why you so strongly align with these values.

WHY TWO TOP CORE VALUES?

Your core values are helpful with navigating decisions, difficult conversations, challenging tasks, and cultivating relationships. Values integration in both your personal and professional life is significant to how you prioritize and respond. Two values packed with meaning is easier to remember when you're under pressure.

REFLECT WITH THESE QUESTIONS:

1. How can I define each value with clarity and simplicity?
2. What are one or two work or life behaviors that support my values?
3. What are one or two work or life behaviors that are contradictory to my values?
4. What's an example of a time when I was living fully into each value?
5. How do I need to do to realign so that my behaviors reflect my values?

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