Lesson 3 – Self-Leadership

Personal Values – Activity Worksheet A

For this activity, review the list of values provided above and choose your top three (3) values only. These are your “Core” values.

To select the values, take the following approach to help you work through the list:

* Start by using the process of elimination. Go through rounds of elimination. Immediately cross off values that don’t resonate with you.
* As your list of values becomes small think back to situations where you had to make a tough life decision and what you were thinking about when you made the decision. The way you were thinking shows your underlying values.

**Additional questions to help determine your personal values:**

* When were you the happiest?
* Identify the times when you were most proud.
* Identify the times where you were the most fulfilled and satisfied.
* Determine your top values, based on your experiences of happiness, pride, and fulfillment.
* Consider a time when you got angry, frustrated, or upset. What was going on? What were you feeling?

**My top three personal values are:**

|  |  |  |
| --- | --- | --- |
|  |  |  |

**Provide your own brief definition of what each of your top three (3) values means to you:**

|  |  |
| --- | --- |
| Value | Definition |
| 1. |  |
| 2. |  |
| 3. |  |

**Identify how each of your top three (3) values can support your approach to leadership:**

|  |  |
| --- | --- |
| Value | Definition |
| 1. |  |
| 2. |  |
| 3. |  |

Values List

*(From Dare to Lead by Brené Brown1)*

Accountability

Adaptability

Adventure

Altruism

Ambition

Authenticity

Balance

Beauty

Belonging

Career

Caring

Collaboration

Commitment

Community

Compassion

Competence

Confidence

Contribution

Courage

Creativity

Curiosity

Dignity

Diversity

Efficiency

Equality

Ethics

Fairness

Faith

Family

Financial stability

Forgiveness

Freedom

Friendship

Future generations

Generosity

Giving back

Grace

Gratitude

Growth

Harmony

Health

Home

Honesty

Hope

Humility

Humor

Inclusion

Independence

Initiative

Integrity

Intuition

Joy

Justice

Kindness

Leadership

Learning

Legacy

Love

Loyalty

Making a difference

Nature

Optimism

Order

Patriotism

Peace

Perseverance

Personal fulfillment

Power

Pride

Recognition

Reliability

Resourcefulness

Respect

Responsibility

Risk-taking

Safety

Security

Self-discipline

Self-expression

Self-respect

Serenity

Service

Simplicity

Spirituality

Sportsmanship

Stewardship

Success

Thrift

Time

Tradition

Travel

Trust

Truth

Uniqueness

Usefulness

Vision

Vulnerability

Wealth

Wholeheartedness

Wisdom

1Brown, B (2018). Dare to Lead: Brave Work. Tough Conversations. Whole Hearts. Ebury Publishing