

Self-Awareness and Style

Personal and Leadership Values



Today's Objective

Learn to identify your values.
 Understand why they are important to you in your leadership and in your life.



What are “values”?

Values are defined as:
 “A person’s principles or standards of behavior; one’s judgment of what is important in life.”

Your values are what you stand for, what you become known for.

Values drive your decision making and the way you engage with others.

For most of us, when our behavior conflicts with our values, we experience stress, frustration, and, sometimes, pain

Most companies declare company values which define the culture of the organization and provide clarity on what’s most important.

What are your values?

01. Peak Experience

Consider a meaningful and memorable experience you had at work, or in your personal life:

- › What was happening?
- › What was special about that time?
- › Who were you with?
- › What words come to mind that explain the essence of this experience?
- › Which values were present?

02. Awful Experience

Think of an opposite experience, a time when you were angry and upset

- › What was going on?
- › What was terrible about it?
- › Who else was there?
- › How were you feeling?
- › Which values were not being honored?

03. Daily Non-Negotiables

Consider a meaningful and memorable experience you had at work, or in your personal life:

- › What are those activities, habits, rituals that are an important part of your daily experience? Consider both your personal and your professional life.
- › How do you feel when you miss one of these important activities?
- › Which **values** do these daily rituals honor?

What are your values?

Examples of values: what else would you add?

Abundance	Creativity	Inclusiveness	Preparedness	Uniqueness
Acceptance	Credibility	Independence	Proactivity	Usefulness
Accountability	Curiosity	Individuality	Proactive	Versatility
Achievement	Daring	Innovation	Professionalism	Vision
Adventure	Decisiveness	Inspiration	Punctuality	Warmth
Advocacy	Dedication	Intelligence	Quality	Wealth
Ambition	Dependability	Intuition	Recognition	Well-Being
Appreciation	Diversity	Joy	Relationships	Wisdom
Attractiveness	Empathy	Kindness	Reliability	Zeal
Autonomy	Encouragement	Knowledge	Resilience	
Balance	Enthusiasm	Leadership	Resourcefulness	
Being the Best	Ethics	Learning	Responsibility	
Benevolence	Excellence	Love	Responsiveness	
Boldness	Expressiveness	Loyalty	Risk Taking	
Brilliance	Fairness	Making a Difference	Safety	
Calmness	Family	Mindfulness	Security	
Caring	Flexibility	Motivation	Self-Control	
Challenge	Friendships	Optimism	Selflessness	
Charity	Freedom	Open-Mindedness	Service	
Cheerfulness	Fun	Originality	Simplicity	
Cleverness	Generosity	Passion	Spirituality	
Collaboration	Grace	Performance	Stability	
Community	Growth	Personal Development	Successful Teamwork	
Commitment	Happiness	Peace	Thankfulness	
Compassion	Health	Perfection	Thoughtfulness	
Consistency	Honesty	Playfulness	Traditionalism	
Contribution	Humility	Popularity	Trustworthiness	
Cooperation	Humor	Power	Understanding	

➤ Looking back at your notes and the list of values consider:

What would you consider to be 3 of your core values?

➤ How do these values show up at work and in your personal life?

➤ What happens when these values aren't honored?

Book recommendation:

Success Principles by Jack Canfield

