

# 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  
Acceptance  
Accountability  
Achievement  
Adventure  
Advocacy  
Ambition  
Appreciation  
Attractiveness  
Autonomy  
Balance  
Being the Best  
Benevolence  
Boldness  
Brilliance  
Calmness  
Caring  
Challenge  
Charity  
Cheerfulness  
Cleverness  
Collaboration  
Community  
Commitment  
Compassion  
Consistency  
Contribution  
Cooperation

Creativity  
Credibility  
Curiosity  
Daring  
Decisiveness  
Dedication  
Dependability  
Diversity  
Empathy  
Encouragement  
Enthusiasm  
Ethics  
Excellence  
Expressiveness  
Fairness  
Family  
Flexibility  
Friendships  
Freedom  
Fun  
Generosity  
Grace  
Growth  
Happiness  
Health  
Honesty  
Humility  
Humor

Inclusiveness  
Independence  
Individuality  
Innovation  
Inspiration  
Intelligence  
Intuition  
Joy  
Kindness  
Knowledge  
Leadership  
Learning  
Love  
Loyalty  
Making a Difference  
Mindfulness  
Motivation  
Optimism  
Open-Mindedness  
Originality  
Passion  
Performance  
Personal Development  
Peace  
Perfection  
Playfulness  
Popularity  
Power

Preparedness  
Proactivity  
Proactive  
Professionalism  
Punctuality  
Quality  
Recognition  
Relationships  
Reliability  
Resilience  
Resourcefulness  
Responsibility  
Responsiveness  
Risk Taking  
Safety  
Security  
Self-Control  
Selflessness  
Service  
Simplicity  
Spirituality  
Stability  
Successful Teamwork  
Thankfulness  
Thoughtfulness  
Traditionalism  
Trustworthiness  
Understanding

Uniqueness  
Usefulness  
Versatility  
Vision  
Warmth  
Wealth  
Well-Being  
Wisdom  
Zeal

- **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?**

