

Identifying your values

Identifying your extended values

Review the list of values on the next page. Circle any that you feel are important to you when answering the questions below:

Which values resonate with me the most?

Which values energise me?

Narrowing them down

Think about a time in the past when you felt you were doing your most valuable work, you felt energised, happy and accomplished. How were you feeling during this time? Which values were most at play?

From your circled list of values put a star next to the ones that you feel are most important based upon these questions.

Challenging your values

Think about a time where you felt really challenged, where you were angry or upset. Which of your values were not being respected or fulfilled in this experience? For example, if you value creativity but are forced to work in a rigid and non-flexible way that made you unhappy.

Use this thinking to determine which of your starred values feel really important.

The final list

Now from your starred values narrow them down to your top 4 or 5. These are values that when well considered and used correctly, will guide you in your leadership journey. They will support decision making, strategic thinking and your leadership style.

Why are values important?

When we are leading with and leaning into our values, we are the most energised, influential, happy and successful. Have you ever worked in a role or been in a place that makes you feel unhappy or uncomfortable? It's likely that this is because it did not fit with your own personal values.

Once we identify, respect and then use our personal values we can make more sense of ourselves and our emotional reactions. We can also understand in which circumstances we are most successful and work toward leading intentionally in a way that serves our values, where in turn we can successfully lead and serve others well.



Accountability	Dignity	Innovation	Punctuality
Accuracy	Energy	Insightfulness	Rationality
Achievement	Excellence	Inspiration	Reliability
Adaptability	Enthusiasm	Integrity	Resourcefulness
Adventure	Environment	Intuition	Risk-taking
Agility	Equality	Joy	Safety
Ambition	Equity	Justice	Security
Appreciation	Exploration	Kindness	Selflessness
Assertiveness	Fairness	Leadership	Self-expression
Authenticity	Flexibility	Learning	Service
Awareness	Focus	Legacy	Simplicity
Balance	Forgiveness	Loyalty	Speed
Beauty	Freedom	Mindfulness	Spirituality
Boldness	Friendship	Modesty	Status
Bravery	Fun	Motivation	Stewardship
Candor	Generosity	Openness	Success
Caring	Growth	Optimism	Teamwork
Cheerfulness	Happiness	Order	Timeliness
Collaboration	Harmony	Originality	Tradition
Commitment	Health	Passion	Trust
Communication	Heroism	Patience	Truth
Community	Honesty	Perceptiveness	Variety
Compassion	Hospitality	Perseverance	Vision
Competition	Imagination	Power	Vitality
Connection	Inclusion	Practicality	Wealth
Courage	Independence	Pride	Well-being
Creativity	Influence	Proactivity	Wisdom

Additional values not listed

