

ACTIVITY YOUR VALUES



Why We Explore Values



Our values are the cornerstone of what sets us apart. They are integrated into our lives and behaviors. This exercise will allow you to define and speak to your values in a common format, enhancing the benefits of engagement within our community.

Some things to keep in mind as you complete this exercise:

- Values often come with judgement and yet, values are usually positive.
- Values are incredibly personal and may evolve with lived experiences.
- When identifying your values, talk to yourself as if you are talking to your favorite person.
- When in doubt, think of someone you respect and the values they exhibit.
- Think of someone that bothers you, what do you WISH were their values?
- The best way to learn is by teaching someone else this activity.

VALUES WORDS

Circle the ones that you think are important, then aim to get down to 10, then your ultimate five.



Achiever

Activist

Altruist

Adventurous

Authentic

Bright

Caring

Compassionate

Confident

Content

Courageous

Creative

Curious

Dignified

Ethical

Ever evolving

Fair

Friendly

Fun

Generous

Graceful

Grateful

Harmonious

Healthy

Honest

Hopeful

Impactful

Initiative

Kind

Laid back

Leader

Loyal

Optimistic

Patient

Peaceful

Powerful

Reliable

Responsible

Self-disciplined

Simple

Spiritual

Thoughtful

Trustworthy

Truth

Understanding

Uniqueness

Usefulness

Visionary

Wise

Refining Your Values



On the blank piece of paper, write down the words that you circled.

Find similar words, select the one that more closely aligns, cross out the other.

Now it is time to make some tough choices. Narrow down to the top 10 values.

Next, down to the top 5 values that you aspire to adhere to.

Finally, if you can, put your top five in order of importance.

Remember: Don't "should" all over yourself. If you want a printable document, try [this one](#).

TEAM MEETING ACTIVITY



1. How do you think your values have shifted through the years and why?
2. Who shaped your values? Consider writing those people a note of appreciation.
3. How do you think your values will evolve in the next decade and why?
4. Who/What will help you hold onto your values?
5. What do you hope to learn, from who, to keep growing and remaining curious in your life?

Management Tip



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Encouraging Innovation and Improvement:

In a world that is constantly changing, only seeing life from our perspective can hold us all back.

Your team wants to feel ownership over what they are working on. You do not have to give the green light to all ideas, but consider letting your team try some that can't cause harm. Embracing fresh ideas can increase engagement, retention and potentially get you ahead of trends.

What is something you can green light to keep your team more excited about their work?