

Determine your core values. Read the list below. Then, highlight every core value that resonates with you; do not overthink your selections.

If you think of a value that is not on the list, be sure to write it down as well. From there, narrow that list down to **two**.

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

Daring
Decisiveness
Dedication
Dependability
Diversity
Empathy
Encouragement
Enthusiasm
Ethics
Excellence
Expressiveness
Fairness
Faith
Family
Friendships
Flexibility
Freedom
Fun
Generosity
Grace
Growth
Flexibility
Happiness
Health
Honesty
Humility
Humor
Inclusiveness
Independence
Individuality
Innovation
Inspiration

Integrity
Intelligence
Intuition
Joy
Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Making a Difference
Mindfulness
Motivation
Optimism
Open-Mindedness
Originality
Passion
Peace
Perfection
Performance
Personal Development
Playfulness
Popularity
Power
Preparedness
Professionalism
Proactivity
Professionalism
Punctuality
Quality
Recognition
Relationships

Reliability
Resilience
Resourcefulness
Responsibility
Responsiveness
Risk Taking
Safety
Security
Service
Spirituality
Stability
Security
Self-Control
Selflessness
Simplicity
Stability
Success
Teamwork
Thankfulness
Thoughtfulness
Traditionalism
Trustworthiness
Understanding
Uniqueness
Usefulness
Versatility
Vision
Warmth
Wealth
Well-Being
Wisdom
Zeal

LEA Now, answer the following questions based on your selection of these two values.

Value 1: _____

1. What are 3 beliefs that support your highest value?

2. What are 3 behaviors that show up when you are outside your values?

3. What's an example of a time when you were fully living into this value?

Value 2: _____

1. What are 3 beliefs that support your highest value?

2. What are 3 behaviors that show up when you are outside your values?

3. What's an example of a time when you were fully living into this value?



LEA Additional questions (not required; just to get you thinking...):

1. (a) Who is someone who knows your values and supports your efforts to live into them?

(b) What does support from this person look like? (BEHAVIORS)

2. What are the early warning indicators or signs that you're living outside your values? (EMOTIONS + BEHAVIORS)

3. What does it feel like when you're living into your values? (EMOTIONS)

4. How does living into your two key values shape the way you give and receive feedback as a leader?

5. How does living into your values shape the way you lead your team during times of crisis? During times of peace? What about your family? _____

