



# Living Into Our Values

## Values Clarification

*Content and exercise covered on pages 185–197 of Dare to Lead.*

Refer to the list on page 3 and identify your two values—the beliefs that are most important to you, that help you find your way in the dark, that fill you with a feeling of purpose.

When selecting your values, ask yourself the following questions:

- Does this define me?
- Is this who I am at my best?
- Is this a filter that I use to make hard decisions?

**Value 1:**

**Value 2:**

## Taking Values From BS to Behavior

Answer the following questions to dig into your values:

### Value 1:

- 1.** What are one or two behaviors that support your value?

---

---

- 2.** What are one or two slippery behaviors that are outside your value?

---

---

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

---

---

---

### Value 2:

- 1.** What are one or two behaviors that support your value?

---

---

- 2.** What are one or two slippery behaviors that are outside your value?

---

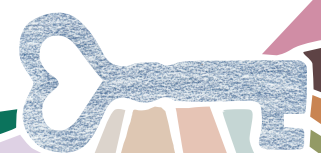
---

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

---

---

---



Keeping in mind both of your values, answer the following:

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

---

---

**2.** What does support from this person look like?

---

---

**3.** What can you do as an act of self-compassion to support yourself in the hard work of living into your values?

---

---

**4.** What are the early warning indicators or signs that you're living outside your values?

---

---

**5.** What does it feel like when you're living into your values?

---

---

**6.** How can you check yourself?

---

---



# List of Values

- |                    |                     |                      |                  |
|--------------------|---------------------|----------------------|------------------|
| Accountability     | Efficiency          | Intuition            | Security         |
| Achievement        | Environment         | Job security         | Self-discipline  |
| Activism           | Equality            | Joy                  | Self-expression  |
| Adaptability       | Ethics              | Justice              | Self-respect     |
| Adventure          | Excellence          | Kindness             | Serenity         |
| Altruism           | Fairness            | Knowledge            | Service          |
| Ambition           | Faith               | Leadership           | Simplicity       |
| Authenticity       | Family              | Learning             | Spirituality     |
| Balance            | Financial stability | Legacy               | Stewardship      |
| Beauty             | Forgiveness         | Leisure              | Success          |
| Being the best     | Freedom             | Love                 | Teamwork         |
| Being a good sport | Friendship          | Loyalty              | Thrift           |
| Belonging          | Fun                 | Making a difference  | Time             |
| Career             | Future generations  | Nature               | Tradition        |
| Caring             | Generosity          | Openness             | Travel           |
| Co-creation        | Giving back         | Optimism             | Trust            |
| Collaboration      | Grace               | Order                | Truth            |
| Commitment         | Gratitude           | Parenting            | Understanding    |
| Community          | Growth              | Patience             | Uniqueness       |
| Compassion         | Harmony             | Patriotism           | Usefulness       |
| Competence         | Health              | Peace                | Vision           |
| Confidence         | Heritage            | Perseverance         | Vulnerability    |
| Connection         | Home                | Personal fulfillment | Wealth           |
| Contentment        | Honesty             | Power                | Wellbeing        |
| Contribution       | Hope                | Pride                | Wholeheartedness |
| Cooperation        | Humility            | Recognition          | Wisdom           |
| Courage            | Humor               | Reliability          |                  |
| Creativity         | Inclusion           | Resourcefulness      |                  |
| Curiosity          | Independence        | Respect              |                  |
| Dignity            | Initiative          | Responsibility       |                  |
| Diversity          | Integrity           | Risk-taking          |                  |

Write your own:

