

Leadership and Career Dashboard - Values

Values: The Path to Authentic Leadership and Professional Peace of Mind

Values are the guiding principles and standards of behavior for how we live, work, interact, and respond in situations we face. They are who we are, what we stand for and how we express. Often times values are non-negotiables for us. Navigating our world according to our values cultivates a fulfillment and peace of mind regardless of if the outcome is what we hoped. With many things out of our control, knowing and aligning with our values is something we can control. It is our “responsibility.” Often those we admire the most have embodied their values in ways we see in their presence.

Instructions

1. Identify 10-15 values that are most important to you.
2. Now try to identify 3-4 that are most important to you at this point in time. Add words that fit for you even if they are not on the list. The following questions may help:
 - Which values are non-negotiable?
 - Which ones must I honor to feel like my best self?
 - When I look at my first list, do I notice any patterns that may indicate an overarching top value? (ex. Choosing friendship, family, community may indicate that *relationships* are a top priority)
3. Gut check.
 - Do my choices feel authentic, as opposed to representing what I think I should value, or what I used to value? Update any choices until they are true to you, without shoulds.

VALUES	VALUES
Authenticity	Justice
Achievement	Kindness
Adventure	Knowledge

VALUES	VALUES
Autonomy	Leadership
Balance	Learning
Beauty	Logic
Boldness	Love
Challenge	Loyalty
Citizenship	Mastery
Collaboration	Meaningful Work
Community	Morality
Compassion	Nature
Connection	Openness
Contribution	Optimism
Courage	Partnership
Craftsmanship	Peace
Creativity	Playfulness
Curiosity	Pleasure

VALUES	VALUES
Determination	Poise
Excellence	Popularity
Empathy	Power
Faith	Productivity
Fame	Recognition
Family	Religion
Forgiveness	Reputation
Freedom	Respect
Friendships	Responsibility
Fun	Risk taking
Grit	Security
Growth	Self-Respect
Happiness	Service
Harmony	Spirituality
Health	Spontaneity

VALUES	VALUES
Honesty	Stability
Humanity	Success
Humor	Status
Independence	Trust
Influence	Vitality
Inner Peace	Wealth
Innovation	Wisdom
Integrity	Zest