

Here's a fun and self-reflective exercise that you'll be a part of



Core Values Experiential

You will need a pen, notebook or writing tool.



Your Core Values

The Goal:

This exercise is designed to help you reflect and unearth your real Values

The How:

- **Step 1:** Reflect on one meaningful life event.
- **Step 2:** Identify the value that you used in that event.
- **Step 3:** You can repeat this exercise to see which Values were missing.

Activity: My Core Values



1	Basketball championship	Teamwork Resilience
2	Fell in love	Trust Courage
3	Joined a yoga group	Adventure Commitment



Your Core Values

Acceptance
Alertness
Assertiveness
Attentive
Balanced
Bold
Calm
Careful
Clarity
Courage
Creativity
Curious
Decisiveness
Dependability

Dedication
Discipline
Drive
Effectiveness
Empathy
Energy
Enthusiasm
Ethical
Generosity
Good
Harmony
Honesty
Honor
Hope

Humility
Imagination
Independence
Innovative
Inquisitive
Insightfulness
Inspiring
Integrity
Intuitive
Optimistic
Organised
Passion
Patience
Playfulness

Productive
Professional
Purposeful
Realistic
Respect
Responsible
Resilience
Spirit
Supportive
Thankful
Thoughtfulness
Trustworthy

**This Value is my
behaviour.**

**This Value is
reflected by my
actions.**



ALX Values Experiential

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Our Values



COURAGE



I don't fail, I only learn

HUMILITY



I see my effect
on others.

ADVENTURE



I see living as joy
to share.

INITIATIVE



I am a person of
Action, not
talking.

RESILIENCE



I tackle difficult
situations with a
can-do attitude.

Courage	Humility	Adventure	Initiative	Resilience
<p>I have the boldness to speak up, even against popular opinion.</p> <p>I challenge the status quo and ask "how can this be done better"?</p> <p>I don't punish failure, but celebrate learning and are honest about my mistakes, and admit them.</p>	<p>I serve others and our larger purpose.</p> <p>I know that I constantly need to learn and grow. I ask for feedback.</p> <p>I am grateful for both my successes and my opportunities to grow and learn.</p>	<p>I am not afraid to dream, and boldy venture where no one has ever been and set wildly ambitious goals.</p> <p>I believe it is better to fail while trying to achieve something extraordinary, than to succeed at something ordinary. I see life as a joyous opportunity to live.</p>	<p>I do not ask for permission, but might ask for forgiveness later.</p> <p>I go the extra mile and do what it takes to achieve my goals.</p> <p>I take ownership of my work, and don't wait to be told what to do. I am a 'GYDHIDO's (get things done) person.</p>	<p>I tackle difficult situations with a can-do attitude</p> <p>I do not give up. Ever. Even if it takes time and is hard.</p> <p>I see challenges as opportunities</p> <p>I know I do not have it all figured out. But I give it our best shot. Again and again.</p>

