

Core Values Exercise

Do you know your personal core values? Knowing what your values are—in other words, what you hold dear in life—will make you a grittier leader than others who don't know their top values. When you need to make tough decisions as a leader, prioritized values will make the decision much easier. Tough decisions are compounded when values aren't prioritized, or when we haven't reconciled competing values.

Directions:

1. Read the following abbreviated list of personal values to get started—and feel free to use the plethora of web resources available on the subject. You can add as many values to this list as you like before getting started.
2. Circle all the values that resonate with you.
3. Narrow this down to your top 10 core values.
4. Narrow down your list to your top 3–5 values. Note: Many words have similar meanings, so find unique words that speak to you.
5. Once you have your list of 3–5 personal values, the hard part is to put them in order of priority (in other words, those you value the most versus those that mean less to you).

Values (examples)

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| 1. Achievement | 16. Simplicity |
| 2. Altruism | 17. Success |
| 3. Challenge | 18. Teamwork |
| 4. Compassion | 19. Truth |
| 5. Control | 20. Vision |
| 6. Effectiveness | 21. |
| 7. Excellence | 22. |
| 8. Faith | 23. |
| 9. Family | 24. |
| 10. Freedom | 25. |
| 11. Happiness | 26. |
| 12. Honesty | 27. |
| 13. Legacy | 28. |
| 14. Results | 29. |
| 15. Service | 30. |