

Core Values Exploration

During on of my classes, we were given the question on what personal leadership is to us. I did not answer in class, and like few, just looked away hoping not to get picked to talk. To me personal leadership means finding and understanding ways to improve as a person.

A way of identifying with what can guide me as a person are with core values. Looking from any list and see what I believe I identify with. I do not remember exactly where I saw the list. I believe it was from <https://jamesclear.com/core-values>

Core Values

Acceptance	Fulfillment	Playfulness
Achievement	Fun	Popularity
Adventure	Generosity	Power
Athleticism	Gratitude	Religion
Authenticity	Grit	Resilience
Beauty	Growth	Respect
Balance	Health	Romance
Bravery	Humor	Safety
Challenge	Independence	Security
Clarity	Integrity	Self-Expression
Community	Intelligence	Sensuality/Sexuality
Creativity	Intimacy	Service
Curiosity	Kindness	Simplicity
Discovery	Joy	Solitude
Diversity	Leadership	Spirituality
Empathy	Learning	Teamwork
Enthusiasm	Loyalty	Trustworthiness/Truth
Ethics	Mindfulness	Usefulness
Expertise	Nature	Warmth
Family	Openness/Open-Mindedness	Wisdom
Fitness	Passion	Vitality
Freedom	Personal Growth	
Friendliness/Friendships	Partnership	

Core values I identify with

Teamwork/Teampayer: I always want to try and help my team with tackling a problem to get it resolved as soon as possible. I take more priority in doing these team tasks than my individual ones.

Openness: I am down to hear from others on what I am doing so I can better myself. I don't care how harsh it can be, as I know I have lots to improve.

Responsibility: I try to do and finish the work I am tasked with. Especially in group work where every second counts in making everything go smoothly.

What Lucas thinks

Lucas first for me to hear what he thinks of me to the team and what core values align with me.

Accountability: I'm always here for anything

Pro-active: I come up with stuff myself and opinions, ask questions.

Transparency: Honest about how far I am and how it's going

Trustworthy: I can be counted on my word

This is exactly how I do want to keep being seen as in a team. I believe this all fits with the teamplayer value I align with myself.

What Isenio thinks

Thinker: plays into creativity with the ideas I bring to group work

Leadership: I tend to keep everyone on track

I was honestly surprised on the leadership one. I don't ever see myself as a leader really but in this group I just wanted to make sure everything is going smoothly with everyone. If not, I was ready to help with what I can.

Combining my findings

From my own list, and to what Lucas and Isenio thinks, I selected 3 core values:

Teampayer

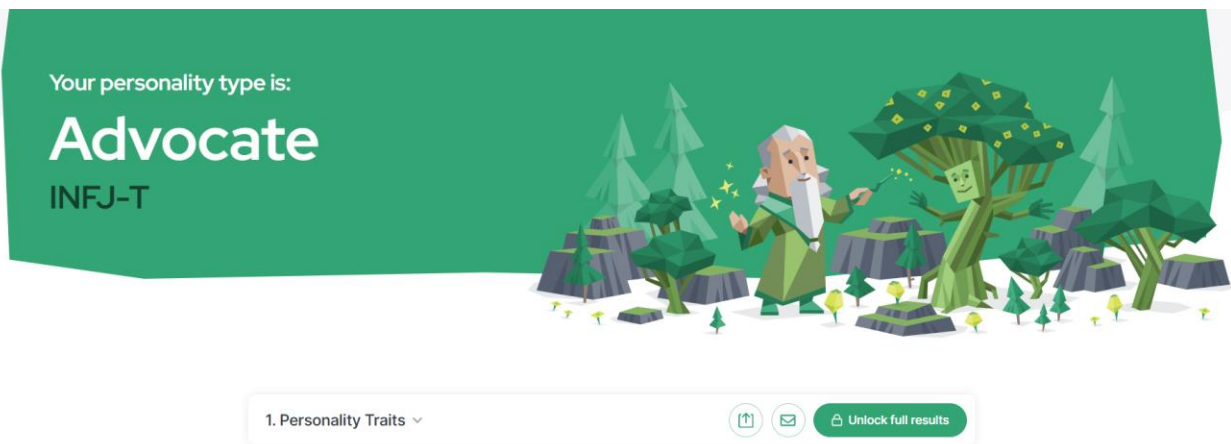
Openness

Thinker

Most of what Lucas and Isenio thinks of me fall under being a teamplayer. With openness I am willing to hear from my team with anything and to try and find a solution to it. A thinker, not at first but after hearing from Isenio, I never noticed how much I was bringing ideas and such to the table with the group work. I can see myself as a thinker after this.

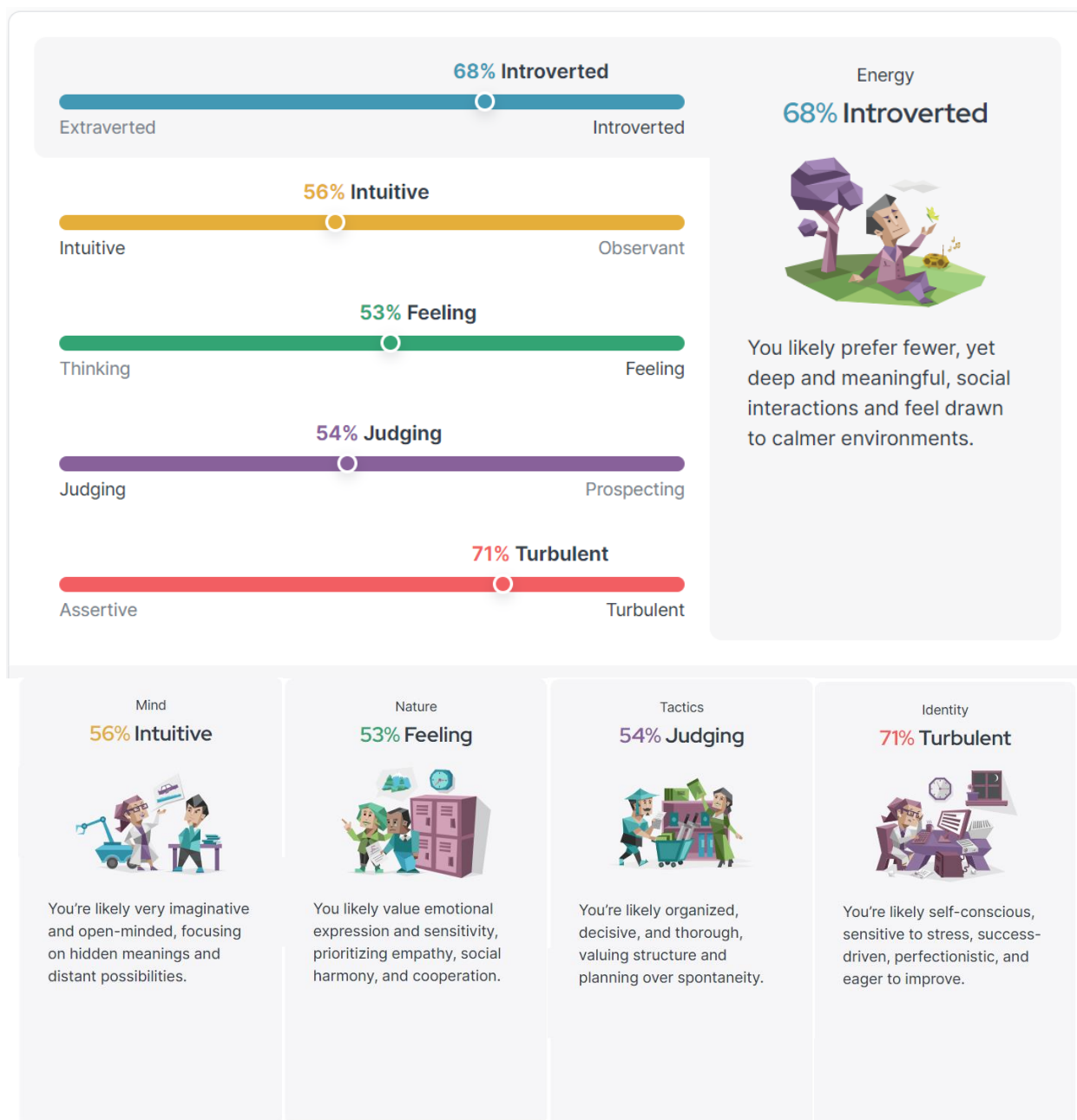
Validation step

During class, everyone was given 16personalites.com to take the test. Clearly a personality test. I answered honestly and these were the results:



As an INFJ (Advocate), you possess a unique combination of idealism and insight that sets you apart in today's world. Your rich inner life is characterized by complex emotions, vivid imagination, and a deep well of empathy that allows you to connect with others on a profound level. You have an unwavering commitment to your principles and an intense desire to make a positive impact on the world around you.

Your natural ability to understand and interpret the feelings and motivations of others is both a gift and a challenge. While it enables you to form deep, meaningful connections and offer invaluable support to those around you, it can also leave you feeling overwhelmed by the emotions and needs of others. You often find yourself torn between your desire to help and your need for privacy and solitude.



Your perfectionist tendencies drive you to constantly improve yourself and the world around you. This relentless pursuit of growth and meaning can be both exhilarating and exhausting. You have a knack for seeing potential and possibilities where others might not, but you may struggle to bring your visionary ideas into reality due to self-doubt or fear of criticism.

You possess a rare combination of creativity and analytical ability. Your intuitive understanding of complex systems and human nature allows you to devise innovative solutions to challenging problems. However, your sensitivity to criticism and tendency to internalize stress can sometimes hold you back from fully expressing your unique gifts. Learning to balance your idealism with practicality and self-care is a key part of your personal journey.

I don't really agree with being a perfectionist. If I was, I would take things more seriously when it comes to schoolwork. I am open to criticism, but I do agree that I can feel some sensitivity from it even if it is not good. Self-doubt is something I agree heavily on, but I am trying to tackle it more as I feel like it is something really holding me back.

do you see reasons for succes or strife in your personalities?

I do see reasons for success, even if we are talking from the results of this test. Self-doubt and sensitivity to criticism will halt me greatly but I try not to back down and keep going to a road of success even if it takes longer than others.