



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:

