

Values Verification

Validating what's **important** to YOU



With Leadership Development Coach Kathy Archer




Exercise #1 - Identifying Your Top Values

Instructions:

1. **Review** the list of value words.
 - **Circle** all that trigger you, have meaning for you, or jump out at you as important
 - On the following page, indicate groups of values that seem to go together
 - Find the one value that seems to speak to all of those or allows you to follow the others.
2. **Identify** your top 10 values. *Keep this list.*
3. Now **narrow them down** to 2-3 core values

Tips:

Narrowing down a list of words this long can be overwhelming! Don't make it so.

- Use a pencil 
- Start with a quick review of the words first time through. Then go through again and take more time.
- Feel the emotional connection to certain words.
- Feel the physiological responses in your body when you read certain words.
- Imagine living without a certain value.

Abundance	Brilliance	Control	Energy
Acceptance	Calm	Conviction	Enjoyment
Accomplishment	Candor	Cooperation	Enthusiasm
Accountability	Certainty	Courage	Environment
Accuracy	Challenge	Courtesy	Equality
Achievement	Change	Creativity	Ethics
Adaptability	Charity	Credibility	Excellence
Advancement	Choice	Curiosity	Fairness
Adventure	Clarity	Decisiveness	Faith
Affection	Cleanliness	Dedication	Faithfulness
Alertness	Collaboration	Democracy	Fame
Altruism	Comfort	Dependability	Family
Ambition	Commitment	Determination	Fearlessness
Amusement	Common sense	Development	Fidelity
Approval	Communication	Devotion	Financial security
Assertiveness	Community	Dignity	Flexibility
Attentiveness	Compassion	Discipline	Focus
Authenticity	Competence	Discovery	Foresight
Autonomy	Competition	Diversity	Forgiveness
Balance	Connection	Drive	Fortitude
Beauty	Conservation	Education	Freedom
Belonging	Consistency	Effectiveness	Friendship
Boldness	Contentment	Efficiency	Frugality
Bravery	Contribution	Empathy	Fulfillment

Fun	Individuality	Mastery	Poise
Generosity	Initiative	Maturity	Potential
Genuineness	Inner peace	Meaning	Power
Giving	Innovation	Merit	Practicality
Good will	Inquisitive	Moderation	Prestige
Goodness	Insightful	Modesty	Privacy
Grace	Inspiring	Money	Productivity
Gratitude	Integrity	Motivation	Professionalism
Greatness	Intelligence	Nature	Prosperity
Growth	Intensity	Openness	Punctuality
Happiness	Intimacy	Optimism	Purpose
Hard work	Intuition	Order	Quality
Harmony	Intuitive	Organization	Recognition
Healing	Irreverent	Originality	Recreation
Health	Joy	Passion	Reflective
Holistic Living	Justice	Patience	Regularity
Honesty	Kindness	Peace	Relaxation
Honor	Knowledge	Perfection	Reliability
Hope	Leadership	Performance	Resourcefulness
Humility	Learning	Perseverance	Respect
Humor	Liberty	Persistence	Responsibility
Imagination	Logic	Personal Growth	Responsiveness
Improvement	Love	Playfulness	Restraint
Independence	Loyalty	Pleasure	Results

Reverence	Self-reliance	Status	Tranquility
Rigor	Self-trust	Stewardship	Transparency
Risk	Selfless	Straightforwardness	Trustworthiness
Romance	Sensitivity	Strength	Truth
Routine	Sensuality	Structure	Uniqueness
Sacrifice	Serenity	Success	Unity
Safety	Service	Support	Valor
Satisfaction	Sharing	Surprise	Variety
Satisfying others	Silence	Sustainability	Vigor
Security	Simplicity	Systemization	Vision
Self-respect	Sincerity	Talent	Vitality
Self-awareness	Skillfulness	Teaching	Wealth
Self-confidence	Smart	Teamwork	Winning
Self-esteem	Solitude	Temperance	Wisdom
Self-expression	Speed	Timeliness	Wonder
Self-improvement	Spirituality	Tolerance	
Self-love	Spontaneity	Toughness	
Self-mastery	Stability	Tradition	



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Exercise # 3 - Values and Resources

The way you utilize your resources is a demonstration of your values. Consider for a moment where you spend your time, money and energy. Also, consider who you spend your time with. You tend to make time or allocate money to the things that are important to you when you are in alignment with your values. If you are out of alignment, it will be the place you find the most friction.

Instructions

Take a look at each of the identified resources, time, money, energy and relationships. List of top 5 values and recognize how, when fully aligned with those values, you use your resources in those areas.

- **TIME:** Where do you spend your time?
- **MONEY:** Where do you spend your money?
- **ENERGY:** Where do you expend your energy and effort?
- **RELATIONSHIPS:** Who do you spend time with?





Value	Time	Money	Energy	Relationship
How do you use your resources to express this value?	When you are aligned with this value, where do you spend your time?	When you are aligned with this value, where are you spending your money?	When you are aligned with this value, how are you using your energy?	When you are aligned with this value who are you spending time with?