

# Reflection Page

## LEADING FROM VALUES



**Time Commitment: 30-60 minutes • Date:** \_\_\_\_\_

When it comes to making difficult decisions, it may help to reflect on your core values. Which values give you the greatest sense of meaning or purpose? Which have served you well over time? Take time now to identify the values you cherish most — use a check mark — then narrow your list down to your top 3-5 and circle them.

### Values List for Inspiration

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|-----------------------|------------------------|-----------------------------|
| Accomplishment        | Financial Security     | Prosperity                  |
| Achievement           | Forgiveness            | Providing for Others/Family |
| Acknowledgment        | Forward-Thinking       | Purity                      |
| Adventure             | Freedom                | Respect                     |
| Affection             | Full Self-Expression   | Responsibility              |
| Appreciation          | Generosity             | Risk-Taking                 |
| Authenticity          | Grace                  | Security                    |
| Balance               | Gratitude              | Self-Actualization          |
| Beauty                | Harmony                | Self-Respect                |
| Benevolence           | Health                 | Serenity                    |
| Challenge             | Heart-Centered         | Sincerity                   |
| Change & Variety      | Helping Others         | Social Activism             |
| Charisma              | Honesty                | Spiritual Connection        |
| Charity               | Humor                  | Status                      |
| Clarity               | Independence           | Stewardship                 |
| Cleanliness           | Innovation             | Strength                    |
| Close Relations       | Integrity              | Success                     |
| Comfort               | Intimacy               | Support                     |
| Comfortable with Self | Joy                    | Surrender                   |
| Communication         | Leadership             | Time for Self               |
| Community             | Love                   | Time Management             |
| Compassion            | Mastery                | Togetherness                |
| Consistency           | Meaningful Work        | Trail-Blazing               |
| Courage               | Mutuality              | Trust                       |
| Creativity            | Nature                 | Truth                       |
| Curiosity             | Nonconformity          | Unconditional Love          |
| Decisiveness          | Nurturing              | Vision                      |
| Diversity             | Organizational Ability | Vitality                    |
| Elegance              | Passion                | Wealth                      |
| Empowerment           | Patriotism             | Wellness                    |
| Ethics                | Peace of Mind          | Wholeness                   |
| Empathy               | Power                  | Wisdom                      |
| Faith                 | Primary Partnership    | World Peace                 |
| Fame                  | Privacy                | _____                       |
| Family                | Progressive            | _____                       |

## Take Time Now to Apply Your Core Values to a Difficult Situation.

**A difficult or challenging situation I am facing is:** \_\_\_\_\_

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**At the heart of this situation is...** \_\_\_\_\_

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**If I applied my core value of \_\_\_\_\_ to this situation, then...**

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**If I applied my core value of \_\_\_\_\_ to this situation, then...**

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**If I applied my core value of \_\_\_\_\_ to this situation, then...**

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### More Ways to Use This Process:

- To determine a culture fit in a new company or job.
- To understand how to “live” the values of your organization.
- To brainstorm challenges with a group using organizational values.

Adapted from *The Write Way to Wellness*, © Copyright 2000, Kathleen Adams