Step 1: Developing a short list of your top values

Create a list of your most important 25 values, without trying to order them at all. Do this by circling 25 of the values on the next page that most call to you, or write in other values not on the list.

Abundance

Excitement

Integrity

Quality of life

Acceptance of diversity Experimentation

Intellectual status

Quiet times

Activism

Expertise

Intelligence

Recognition

Advancement

Fashion

Kindness

Relationship with spouse

Adventure

Fairness & social justice Knowledge

Reliability

Aesthetics

Family

Laughter

Respect

Ambition

Feminism

Leadership

Results

Animal rights

Financial security

Learning

Risk taking

Art

Flexibility

Leisure

Security

Attention to detail Forgiveness

Literature

Self-control

Authenticity

Frankness

Living your dreams

Self-respect

Balance

Freedom

Love for myself

Sensuality

Beauty

Freedom of choice

Love for others

Smiling at strangers

Being kind to neighbors Friendship

Making decisions

Spirituality

Calmness

Generosity

Massive wealth

Spontaneity

Challenge

Global awareness

Moral fulfillment

Stability

Challenging myself

Global peace

Music

Standing up for yourself

Change and variety

Growth

Natural living

Story telling

Charity

Happiness / positivity

Nature

Style

Clarity

Harmony

Open communication Sunlight

Classical thinking

Having a say

Opening myself to love Support

Collaboration

Having a voice

Optimism

Supportive friendships

Color

Having dreams

Passion

Taking care of myself

Community

Health

Patriotism

Taking responsibility

Compassion

Healthy living

Persistence

Taking risks

Competence

Helping others

Personal expression

The big picture

Competition

Helping society

Personal growth

Thinking time

Country values

Honesty

Perspective

Tidiness

Courage

Honor

Physical challenge

Time

Creativity

Humor

Play

Humor

Tolerance

Cultural diversity

Imagination

Pleasure

Tranquility

Curiosity

Independence

Positive attitude

Trust

Decisiveness

Influence

Power

Trustworthiness

Democracy

Inner harmony

Precision

Understanding

Emotional availability Innovation

Professionalism

Wonder and awe

Empathy

Inspiration

Protecting the environment Worker’s right

Equality for all people Inspiring others

Pride

Workmanship

My main 25 values are: Write the 25 values that you circled.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

21.

22.

23.

24.

25.

Step 2: Clarifying your top 6 core values

Uncover your six key values by following these steps:

1. Group common values

2. Take out values that are obviously not significant for you

3. Decide by process of elimination which values are your six key ones.

My top 6 values are:

1.

2.

3.

4.

5.

6.

Step 3: Understanding how you integrate these values with work

Looking at your list of six core values, list which ones that you feel like you have integrated with work and are able to express in your work.

Step 4: Understanding where your values are not expressed

List which of your six core values are not expressed in your work:

Step 5: Insights and Understanding the Impact of Values in your Work

What is the impact of missing values in your work? What insights do you have?

Step 6: Bring your Values into your Leadership Model

How will your values serve as the foundation for your authentic leadership model? How do they help you build your leadership model?