

Defining Your Values

Step One → Review the following list of words which describe various values. **Circle** the values that best reflect your team values. Don't worry about the number of words you choose and feel free to add any other words that come to mind to this list.



Step Two → Review all the words you have circled and place a checkmark next to the words that are 'most important' to you at this time.

Step Three → Identify your **top five** values. We know it's hard, but it's time to whittle your list down to your top FIVE. And write them on the back side of this sheet.

Step Four → Write a **one sentence definition** for each of your five top values.

Check	Value	Check	Value	Check	Value	Check	Value
	Accountability		Directness		Hard work		Motivation
	Achievement		Discipline		Harmony		Neatness
	Acknowledgement		Diversity		Health		Open-Mindedness
	Adaptability		Duty		Helpfulness		Openness
	Aggressiveness		Education		Honesty		Optimism
	Agility		Effectiveness		Hope		Order
	Appreciation		Empathy		Humor		Originality
	Approachability		Encouragement		Imagination		Peace
	Assertiveness		Energy		Impact		Perceptiveness
	Authenticity		Equality		Independence		Perfection
	Balance		Excellence		Influence		Perseverance
	Being the best		Expediency		Ingenuity		Persistence
	Bravery		Expertise		Innovation		Positivity
	Camaraderie		Exploration		Inquisitiveness		Power
	Candor		Expressiveness		Insight		Precision
	Capability		Fairness		Inspiration		Preparedness
	Cheerfulness		Faith		Integrity		Pro-activity
	Civility		Family		Intelligence		Professionalism
	Collaboration		Fearlessness		Intensity		Prudence
	Commitment		Firmness		Investing		Reliability
	Community		Focus		Invigoration		Respect
	Competition		Frankness		Justice		Responsiveness
	Confidence		Freedom		Keeness		Safety
	Connection		Friendliness		Kindness		Stability
	Considerateness		Frugality		Knowledge		Status
	Courage		Fun		Leadership		Steadfastness
	Courtesy		Genuineness		Learning		Success
	Credibility		Giving		Liveliness		Tactfulness
	Daringness		Global View		Logic		Tolerance
	Decorum		Goodness		Longevity		Trust
	Dedication		Graciousness		Meaning		Truth
	Deliberateness		Gratefulness		Meticulousness		Understanding
	Democracy		Growth		Mindfulness		Zeal
	Devotion		Guidance		Moderation		
	Dignity		Happiness		Modesty		



My Top Five Values

As a result of your thoughtful work throughout the process outlined on the front of this sheet, you have chosen what may be your top five values.

As the lens through which our view of the everyday world is filtered, our **core values**:

- Are our convictions regarding what we believe is **important and desirable**.
- Are the elements **deep within our belief system** that makes us tick.
- **Influence every aspect** of our perceived reality.
- Should determine our **priorities**, help us make **difficult choices**, guide our **behavior**, and help us make wise choices about **connections** and **commitments**.

We encourage you to **write a one-sentence definition** for each of your five top values, keep them nearby and review them regularly.

