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VALUES EXERCISE INSTRUCTIONS:

- 1.) Circle all the values that resonate with you as you read through the Dare to Lead™ list supplied by Brené Brown, LLC (attached)
- 2.) Of the ones you circled choose your top 10.
- 3.) Of those top 10, choose your top 5.
- 4.) Complete this worksheet and write down your definition of each value you chose and what each one means to you.



“A value is a way of being or believing that you hold most important.”
- Brené Brown -

DEFINE YOUR VALUES

When you think of each value what do you think of? Write down the pictures, words, examples, feelings, emotions and behaviours that come to mind when you think of that word. What does the word mean to you personally?

Value 1:

Value 2:

Value 3:

Value 4

Value 5



List of **VALUES**

Accountability
 Achievement
 Adaptability
 Adventure
 Altruism
 Ambition
 Authenticity
 Balance
 Beauty
 Being the best
 Belonging
 Career
 Caring
 Collaboration
 Commitment
 Community
 Compassion
 Competence
 Confidence
 Connection
 Contentment
 Contribution
 Cooperation
 Courage
 Creativity
 Curiosity
 Dignity

Diversity
 Environment
 Efficiency
 Equality
 Ethics
 Excellence
 Fairness
 Faith
 Family
 Financial stability
 Forgiveness
 Freedom
 Friendship
 Fun
 Future generations
 Generosity
 Giving back
 Grace
 Gratitude
 Growth
 Harmony
 Health
 Home
 Honesty
 Hope
 Humility
 Humor
 Inclusion
 Independence
 Initiative
 Integrity

Intuition
 Job security
 Joy
 Justice
 Kindness
 Knowledge
 Leadership
 Learning
 Legacy
 Leisure
 Love
 Loyalty
 Making a difference
 Nature
 Openness
 Optimism
 Order
 Parenting
 Patience
 Patriotism
 Peace
 Perseverance
 Personal fulfillment
 Power
 Pride
 Recognition
 Reliability
 Resourcefulness
 Respect
 Responsibility
 Risk -taking

Safety
 Security
 Self-discipline
 Self-expression
 Self-respect
 Serenity
 Service
 Simplicity
 Spirituality
 Sportsmanship
 Stewardship
 Success
 Teamwork
 Thrift
 Time
 Tradition
 Travel
 Trust
 Truth
 Understanding
 Uniqueness
 Usefulness
 Vision
 Vulnerability
 Wealth
 Well-being
 Wholeheartedness
 Wisdom

Write your own:

