



Values are a longstanding belief about the way things should be done or about the ends we desire. **Values are principles that are intrinsically important to us**, and its unlikely that we will easily change them. However you can help your brain prioritise which value will be uppermost in your mind.

Your values sit underneath our thinking and guide your day-to-day **decisions**. It's absolutely **essential** that you be **clear and mindful of the values** that guide your actions, because your personal credibility depends on it.

## Thinking about the next 30 days...



When you think about the deliverables for the **next 30 days**, what foundational thinking do you want everyone to hold as **priorities**?

Review the list below and circle five values you feel are most important to the success of your next 30 days.

|                       |                     |                   |
|-----------------------|---------------------|-------------------|
| Achievement / Success | Dependability       | Happiness         |
| Autonomy              | Self -Discipline    | Harmony           |
| Belonging             | Dissent /Diversity  | Health            |
| Challenge             | Effectiveness       | Honesty/Integrity |
| Communication         | Empathy             | Hope              |
| Community             | Equality            | Humor             |
| Competition           | Potential           | Independence      |
| Courage               | Flexibility         | Innovation        |
| Creativity            | Friendship          | Intelligence      |
| Curiosity             | Freedom             | Love/Affection    |
| Decisiveness          | Growth              | Loyalty           |
| Open-Mindedness       | Respect             | Teamwork          |
| Patience              | Risk Taking         | Trust             |
| Power                 | Security            | Truth             |
| Productivity          | Making a difference | Variety           |
| Quality               | Simplicity          | Wisdom            |
| Recognition           | Strength            | Future thinking   |



## The top five

We hold many values at one time and they can often be in conflict with each other. It's important to have an understanding of your priorities so you have the best chance of resolving the inevitable internal conflict that impact our decision-making and emotional actions.



**Reward and reflect** - Highlight the top three values so they are front of mind. Reward yourself when you see them in action. What does this process tell you about what you feel is important?

## List your top five values.

| Top five values | Prioritise. |
|-----------------|-------------|
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