

Living and Leading by Design

Module 2: Personal Values



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Take the ride to discover your personal values

Today, I invite you to participate in one of the exercises from my IGNITE Your Culture program – The Maze.

When wandering through a maze, you can get lost in no time. You may find yourself continually walking into dead ends, spinning around in circles, feeling as though you don't know where to turn. It can be very difficult to see the light at the end of the tunnel.



Life can often feel like wandering through a maze with the lights off. Having a clear set of values can help you navigate towards those things that mean the most to you. Knowing what your personal values are helps you to reduce backtracking and stay out of the thorny areas of duties that sap your energy.

Instead of being overwhelmed by all the possibilities, honoring your values will keep you on a straight path towards your success.

Key Personal Values Chart

Instructions:

1. Review the list of values below and check off the words that resonate for you. This is not about the values you'd like to have, or think you should have. There are nor right or wrong values. Select all the words that you feel connected to.

<input type="checkbox"/> Risk	<input type="checkbox"/> Grace	<input type="checkbox"/> Togetherness	<input type="checkbox"/> Accomplishment
<input type="checkbox"/> Impact	<input type="checkbox"/> Serve	<input type="checkbox"/> Empathize	<input type="checkbox"/> Travel
<input type="checkbox"/> Design	<input type="checkbox"/> Learn	<input type="checkbox"/> Relate with God	<input type="checkbox"/> Faith
<input type="checkbox"/> Sensations	<input type="checkbox"/> Guide	<input type="checkbox"/> Educate	<input type="checkbox"/> Competition
<input type="checkbox"/> Expert	<input type="checkbox"/> Have fun	<input type="checkbox"/> Triumph	<input type="checkbox"/> Community
<input type="checkbox"/> Wealth	<input type="checkbox"/> Attractiveness	<input type="checkbox"/> Family	<input type="checkbox"/> Innovation
<input type="checkbox"/> Problem Solving	<input type="checkbox"/> Assist	<input type="checkbox"/> Support	<input type="checkbox"/> Peace
<input type="checkbox"/> Imagination	<input type="checkbox"/> Social Interaction	<input type="checkbox"/> Be passionate	<input type="checkbox"/> Respect
<input type="checkbox"/> To glow	<input type="checkbox"/> Cause	<input type="checkbox"/> Instruct	<input type="checkbox"/> Cooperation
<input type="checkbox"/> Honesty	<input type="checkbox"/> Sensual	<input type="checkbox"/> Score	<input type="checkbox"/> Arts
<input type="checkbox"/> Gamble	<input type="checkbox"/> Being alone	<input type="checkbox"/> Harmony	<input type="checkbox"/> Power and authority
<input type="checkbox"/> Stimulate	<input type="checkbox"/> Physical challenge	<input type="checkbox"/> Enlighten	<input type="checkbox"/> Locate
<input type="checkbox"/> Conceive	<input type="checkbox"/> Uncover	<input type="checkbox"/> Win over	<input type="checkbox"/> Flexible work schedule
<input type="checkbox"/> Freedom	<input type="checkbox"/> Inspire	<input type="checkbox"/> Take risk	<input type="checkbox"/> Creativity
<input type="checkbox"/> Set standards	<input type="checkbox"/> Play games	<input type="checkbox"/> Loyalty	<input type="checkbox"/> Experiment
<input type="checkbox"/> Courage	<input type="checkbox"/> Quality	<input type="checkbox"/> Fame	<input type="checkbox"/> Privacy
<input type="checkbox"/> Encourage	<input type="checkbox"/> Improve	<input type="checkbox"/> Danger	<input type="checkbox"/> Facilitate
<input type="checkbox"/> Assemble	<input type="checkbox"/> Magic	<input type="checkbox"/> Stability	<input type="checkbox"/> Independence
<input type="checkbox"/> To feel good	<input type="checkbox"/> Influence	<input type="checkbox"/> Money	<input type="checkbox"/> Integrity
<input type="checkbox"/> Be entertained	<input type="checkbox"/> Venture	<input type="checkbox"/> Truth	<input type="checkbox"/> Decisive
<input type="checkbox"/> Coach	<input type="checkbox"/> Minister to	<input type="checkbox"/> Dominate field	<input type="checkbox"/> Achievement
<input type="checkbox"/> Friendship			

Key Personal Values Chart

Instructions:

It's very important you follow these steps in order:

1. From the list you marked off, look for words that have similar meanings. You'll find there are themes within the words you selected. For example you may have selected integrity, honesty and respect and for you these words have a similar feel. Pick a word and place it on line 1. Find other words from the values you selected that might go with this word. If you have a word that doesn't fit, put it on line 2 and start another theme. You will probably find you have 4 – 6 themes
2. Once you have your themes described on the left, think about one word (a person, place or thing) that will remind you of this theme. Now you only have 4 – 6 words to remember rather than the entire list.

Step 1: Grouping Key Values	Step 2: Theme
1. <i>(example: respect, honesty, integrity)</i>	<i>Ghandi</i>
2.	
3.	
4.	
5.	
6.	

Personal Values Exercise

Fuel for Thought



➤ Where in your life are you currently honouring these values?’

➤ What could you say no to, now that you’re clear about what’s important to you?

➤ What activities could you start that would allow you to be even more aligned with your personal values?

➤ When you get stressed, get curious about what value of yours is not being honoured.

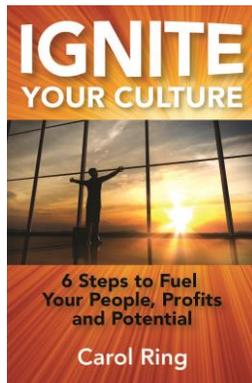
1. Recognize that it’s **temporary**
2. Attempt to **change** it
3. Permanently **leave** the situation

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