

What is the Values Activity and Why do it?

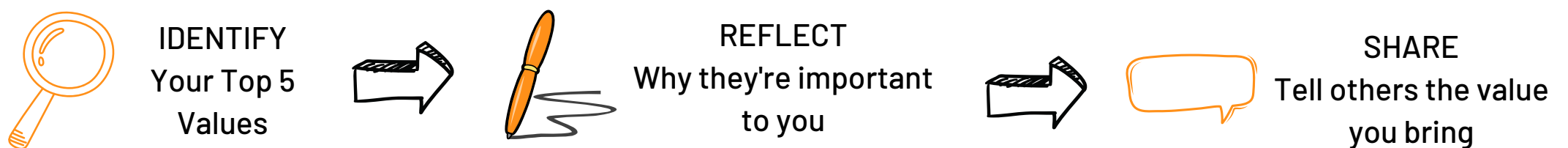
The Values activity is to help individuals identify what is important to them, what drives their decision making and how it contributes to working with others and problem solving.

Individuals, teams and leaders can benefit from this by increasing their self-awareness as well as their awareness of those they work with to appreciate diversity of strengths and create strategies to cover for each other's blind spots and potential weaknesses.

Where there is enhanced communication, there is greater connection. Where there is greater connection, there is more effective collaboration. With more effective collaboration, we will achieve greater outcomes for all.

How does it work?

This activity is comprised of three parts:



It is important to set aside the appropriate amount of time for reflection and sharing to take place. The goal is not to complete the activity, the goal is to reach a greater level of understanding for ourselves and each other so there is more appreciation of diverse strengths.



IDENTIFY
Your Top 5
Values

Using the Values List

- highlight or underline all the words that resonate with you (2 min)
- circle your top 10 (2 min)
- draw a star next to your top 5 (1 min)

tip: these are the values that you will never compromise on under any circumstance



REFLECT
Why they're
important to you

Using the Value ID Card

- Describe what each value means to you and why you chose them (5 min)
- Describe how your set of values influence your behaviours and needs (5 min)

o What situations bring the best out of you?
o What can you help others with?

o What do you need help from others?
o What do others need to watch out for that might hinder you?



SHARE
Tell others the value
you bring

In pairs or trios, each person shares for 5 min. Those listening will:

- ask questions to learn more by asking for examples of how it shows up
- provide affirmation by sharing a time they saw their values in action
- provide any other perspective that the individual may not have noticed

VALUES LIST

I am a person of value who values people by adding value to them

LEARNING	STATUS	COLLABORATION	UNITY
PRODUCTIVITY	CREATIVITY	DIVERSITY	RECOGNITION
ACTION	FREEDOM	SECURITY	PROFESSIONALISM
HUMOUR	RELIABILITY	DETAIL	EXCELLENCE
FUTURISTIC	HISTORY	AUTHENTICITY	FLEXIBILITY
RELATIONSHIPS	STRATEGY	ORGANISED	ADVENTURE
LEADERSHIP	PURPOSE	DECISIVENESS	AUTONOMY
TRUSTWORTHINESS	WEALTH	INTELLECTION	ADAPTABILITY
COMPASSION	ACCOUNTABILITY	ANALYTICAL	REALIST
RESPONSIBILITY	LOYALTY	POSITIVITY	COMMUNICATION
PATIENCE	BEAUTY	AVAILABLE	COMPETITION
MORALITY	SUCCESS	CONNECTION	CONSISTENCY
SPIRITUALITY	FAITH	DISCIPLINE	FUTURIST
POWER	HONESTY	FOCUS	HARMONY
RESPECT	EMPATHY	INCLUSIVE	CHANGE
INTEGRITY	JUSTICE	GROWTH	JOY
HEALTH	LOVE	PEACE	HOPE
INDEPENDENCE	COMMUNITY	CONFIDENCE	UNDERSTANDING
KNOWLEDGE	WISDOM	SIGNIFICANCE	FRIENDLY
FAMILY	STRUCTURE	CHALLENGE	ADVENTURE

My name is: _____

My top 5 values

This is what it means to me...

Living my values

What example do I have when I'm living in my values?

What behaviours help me live my values?

What behaviours cause me to live outside my values?

How can my values add value to the people around me?