

What is the Values Activity and Why do it?

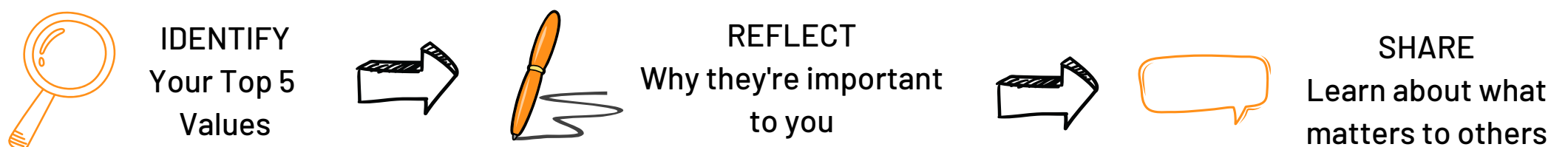
The Values activity is to help individuals identify what is important to them, what drives their decision making and how it affects working with others.

Individuals, teams and leaders can benefit from this by increasing their self-awareness and awareness of those they work with to appreciate the diversity of values, understand what motivates people and create strategies to enhance decision-making and collaboration.

Where there is genuine appreciation of people, 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 - this is how we can become people of value who values people by adding value to them.

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 just complete the activity, the goal is to reach a greater level of understanding for ourselves and each other.



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)
- Reflect on how well you are living your values today (5 min)



SHARE
Learn about what
matters to others

In groups / teams, each person shares for 5 min. Those listening will:

- ask questions to listen deeper to build understanding and appreciation
- 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	OPTIMISM

ACTIVATING MY VALUES

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

Name: _____

My top 5 values

This is what it means to me...

1	<input type="text"/>	<input type="text"/>
2	<input type="text"/>	<input type="text"/>
3	<input type="text"/>	<input type="text"/>
4	<input type="text"/>	<input type="text"/>
5	<input type="text"/>	<input type="text"/>

Living my values

Rate how well you are living your each of your values on scale of 1-10

1	<input type="text"/>	2	<input type="text"/>	3	<input type="text"/>	4	<input type="text"/>	5	<input type="text"/>
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Why did you give yourself this rating?

What benefits would you receive by improving your rating?

What specific action can you take immediately to improve your rating?