

VALUES CLARITY EXERCISE

Values keep you anchored so you are not led by culture, stress, or other people's opinions. When you know what you stand for, every decision gets clearer.

Identify Your Anchoring Values

01

VALUES FILTER YOUR CHOICES

When opportunities arise, your values help you ask: *Is this aligned with who I am?* Will this move me **toward or away** from my vision? Decision-making becomes clearer, faster, and less emotional.

02

VALUES DEFINE TRUE SUCCESS

Success without values is just achievement. **Success with values is fulfillment.** Knowing your values shifts the measuring stick from external applause to internal alignment.

03

VALUES RESIST EXTERNAL PRESSURE

Without strong values, your vision shifts. Guard against:

- CRITICISM
- COMPARISON
- EXPECTATIONS
- FEAR
- REJECTION

YOUR REFLECTION

Of all the values that matter to you, which **three** anchor you the most?

Choose from the list on page 2, or name your own. Write them in the boxes below.

ANCHORING VALUE 01

Write your value here

ANCHORING VALUE 02

Write your value here

ANCHORING VALUE 03

Write your value here

WHAT DOES THIS LOOK LIKE IN YOUR LIFE?

What would someone **see** if they watched how you live this value? Be specific — behaviors, not ideals.

I am someone who...

YOUR COMMITMENT THIS WEEK

What is **one action** this week that proves this is who you are — not someday, but now?

Values

CIRCLE OR HIGHLIGHT WHAT RESONATES — THEN NARROW TO YOUR THREE ANCHORS

PERSONAL GROWTH & IDENTITY

- Growth
- Resilience
- Courage
- Authenticity
- Confidence
- Self-Discipline
- Curiosity
- Gratitude
- Wisdom
- Purpose
- Integrity
- Faith
- Freedom
- Health
- Adventure
- Simplicity
- Security
- Order
- Beauty
- Stewardship
- Rest

RELATIONSHIPS & COMMUNITY

- Compassion
- Empathy
- Love
- Encouragement
- Belonging
- Community
- Connection
- Service
- Generosity
- Kindness
- Respect
- Trust
- Family

LEADERSHIP & INFLUENCE

- Vision
- Excellence
- Influence
- Initiative
- Accountability
- Stewardship
- Empowerment
- Innovation
- Justice
- Responsibility
- Impact
- Legacy
- Creativity
- Mastery
- Professionalism
- Achievement
- Learning
- Collaboration
- Efficiency
- Productivity
- Quality
- Strategy
- Persistence
- Contribution

EMOTIONAL & MENTAL WELL-BEING

- Peace
- Hope
- Balance
- Stillness
- Joy
- Mindfulness
- Stability
- Reflection
- Confidence
- Acceptance
- Healing

ETHICS & MORAL FOUNDATION

- Honesty
- Integrity
- Honor
- Fairness
- Accountability
- Humility
- Righteousness
- Faithfulness
- Responsibility
- Transparency

READY TO GO DEEPER?

Values clarity is the foundation of every great leadership journey. Join us for our next workshop or coaching session to put these into practice.

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