



CORE VALUES

1.

2.

3.

4.

ACTIVITY

1. What's important to you in life?
2. If you could have any career, without worrying about money or other practical constraints, what would you do?
3. What behavior tends to inspire you?
4. What behavior makes you angry?
5. What do you want to change about yourself?
6. What are you most proud of?
7. When are you the happiest?
8. Share your values with your partner(s).
9. Describe what each value looks like and the behaviors that you will demonstrate.
10. How can your teammate's best hold you accountable for acting in-line with your values?
11. What do you want adverse situations to stand for?
12. What do you want to be able to say when looking back on adverse experiences?
13. What would it look like if you took a valued based approach?
14. What behaviors may get in your way to taking a values based approach?
15. How will you take a step back from thoughts and feelings enough to choose to act in a values consistent way?
16. How can choice of behaviors change the trajectory of adverse experiences?
17. Are you all in for yourself and teammates?



EXAMPLES OF CORE VALUES

- Authenticity
- Achievement
- Balance
- Competency
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Faith
- Fame
- Friendships
- Fun
- Growth
- Happiness
- Honesty
- Humor
- Influence
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Meaningful Work
- Recognition
- Reputation
- Responsibility
- Security
- Success
- Trust
- Boldness
- Dependability
- Reliability
- Loyalty
- Commitment
- Open-mindedness
- Consistency
- Honesty
- Efficiency
- Innovation
- Creativity
- Good humor
- Compassion
- Spirit of Adventure
- Motivation
- Positivity
- Optimism
- Passion
- Respect
- Fitness
- Courage
- Education
- Perseverance
- Service to others



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