Leadership Values

About:
A large part of being an effective leader is understanding your core values. When you focus on what you believe and value, then build on it, you have the potential to make a larger impact as a leader.

Objective:
To use Social Emotional Development and informed practices to help youth explore their self-awareness while understanding more about leadership and what values they align with the most.

Age: 14-18 years old  Expected time: 30 minutes

Leadership Values Activity

1. Who do you look up to as a leader?
   a. Write down the names of five leaders you look up to, aspire to be like, have made a difference in your life, etc.
   b. Next to their name, write down a few bullet points as to why you believe they are an effective leader.
   c. Set this aside for now, we’ll come back to it later.

2. What are your values?
   a. Using the worksheet, follow the instructions from beginning to end. Once you have completed the worksheet, write your top five values here:
      i.
      ii.
      iii.
      iv.
      v.

Wrap Up:
- What did you learn about yourself? Was there anything surprising with your final five values?
- Do any of your values line up with what you wrote down for the five leaders you look up to? Which ones?
- Why do you think knowing your values is important to your leadership style?
- How can you tie this knowledge into your approach to leadership?
Values Exercise  Adapted from TAPROOT (www.taproot.com/archives/377771)

1. Determine your core values. From the list below, choose and write down every core value that resonates with you. Do not overthink your selections. As you read through the list, simply circle the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, be sure to write it down as well.

Abundance  Daring  Intuition  Preparedness
Acceptance  Decisiveness  Joy  Proactivity
Accountability  Dedication  Kindness  Professionalism
Achievement  Dependability  Knowledge  Punctuality
Advancement  Diversity  Leadership  Recognition
Adventure  Empathy  Learning  Relationships
Advocacy  Encouragement  Love  Reliability
Ambition  Enthusiasm  Loyalty  Resilience
Appreciation  Ethics  Making a Difference  Resourcefulness
Attractiveness  Excellence  Mindfulness  Responsibility
Autonomy  Expressiveness  Motivation  Responsiveness
Balance  Fairness  Optimism  Security
Being the Best  Family  Open-Mindedness  Self-Control
Benevolence  Friendships  Originality  Selflessness
Boldness  Flexibility  Passion  Simplicity
Brilliance  Freedom  Performance  Stability
Calmness  Fun  Personal Development  Success
Caring  Generosity  Proactive  Teamwork
Challenge  Grace  Professionalism  Thankfulness
Charity  Growth  Quality  Thoughtfulness
Cheerfulness  Flexibility  Recognition  Traditionalism
Cleverness  Happiness  Risk Taking  Trustworthiness
Community  Health  Safety  Understanding
Commitment  Honesty  Security  Uniqueness
Compassion  Humility  Service  Usefulness
Cooperation  Humor  Spirituality  Versatility
Collaboration  Inclusiveness  Stability  Vision
Consistency  Independence  Peace  Warmth
Contribution  Individuality  Perfection  Wealth
Creativity  Innovation  Playfulness  Well-Being
Credibility  Inspiration  Popularity  Wisdom
Curiosity  Intelligence  Power  Zeal
2. Group all similar values together from the list of values you just created. Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop those least important. See the example below:

<table>
<thead>
<tr>
<th>Abundance</th>
<th>Acceptance</th>
<th>Appreciation</th>
<th>Balance</th>
<th>Cheerfulness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Growth</td>
<td>Compassion</td>
<td>Encouragement</td>
<td>Health</td>
<td>Fun</td>
</tr>
<tr>
<td>Wealth</td>
<td>Inclusiveness</td>
<td>Thankfulness</td>
<td>Personal</td>
<td>Happiness</td>
</tr>
<tr>
<td>Security</td>
<td>Intuition</td>
<td>Thoughtfulness</td>
<td>Development</td>
<td>Humor</td>
</tr>
<tr>
<td>Freedom</td>
<td>Kindness</td>
<td>Mindfulness</td>
<td>Spirituality</td>
<td>Inspiration</td>
</tr>
<tr>
<td>Independence</td>
<td>Love</td>
<td></td>
<td>Well-being</td>
<td>Joy</td>
</tr>
<tr>
<td>Flexibility</td>
<td>Making a</td>
<td></td>
<td></td>
<td>Optimism</td>
</tr>
<tr>
<td>Peace</td>
<td>Difference</td>
<td></td>
<td></td>
<td>Playfulness</td>
</tr>
</tbody>
</table>

3. Choose one word within each grouping that best represents the entire group. Again, do not overthink your groupings. There are no right or wrong answers. You are defining the answer that is right for you. See the example below- the value chosen for each of the above groupings is listed below.

1. Freedom
2. Making a Difference
3. Mindfulness
4. Well-being
5. Happiness

These are your top five core values!