



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:

Abundance Growth Wealth Security Freedom Independence Flexibility Peace	Acceptance Compassion Inclusiveness Intuition Kindness Love Making a Difference Open-minded Trustworthy Relationships	Appreciation Encouragement Thankfulness Thoughtfulness Mindfulness	Balance Health Personal Development Spirituality Well-being	Cheerfulness Fun Happiness Humor Inspiration Joy Optimism Playfulness
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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!