

ULTIMATE TEAMMATE

ACTIVATION:
VALUES EXERCISES

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The purpose of this exercise is to identify, clarify, and prioritize your core values so that you can align your decisions, actions, and goals with what matters most to you.

1. Choose the top 10 values that resonate with you. Don't overthink it. If a word elicits a feeling, write it down. Some common examples are: integrity, faith, family, teamwork, creativity, service, financial stability, etc.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

2. From your list on the previous page, choose your top 3-5 values.

1.

2.

3.

4.

5.

● **Which values guide my daily decisions?**

● **If I had to give up a value, which would be the hardest?**

3. Define what your values mean to you.

For each of your top values, write a short definition in your own words.

Example
Family: "Spending quality time and showing up for the people I love."
Integrity: "Doing the right thing, even when no one is watching."

4. Alignment reflection

- Where in my life am I living out this value?

- Where am I not aligned with this value?

- What changes could I make to better live by this value?

- Ask people close to you if they inherently know your values based on how you move through life.

- Write one action step for how you will better honor one of your top values this week.

Values act as your internal compass. When decisions feel tough, go back to your values. Living in alignment with your values creates more clarity, confidence and fulfillment.