

COURAGEOUS LEADERSHIP-- VALUES ACTIVITY

Courage leaders—chief executive leaders, executive directors and board leaders-- demonstrate a passion for their purpose, practice their values consistently, and lead with their hearts as well as their heads. They establish long-term, meaningful relationships and have the self-discipline to get results.

VALUES: Research done by Dr. Frederic Hudson and Dr. Pam McLean showed that there are six core human values themes, with big companion questions. In any given chapter of our lives, we focus on only two or three of these core values.

Personal mastery – Claiming yourself	Who am I at this time in my life?
Achievement – Proving yourself; accomplishing goals; healthy striving	How far can I go? How much can I achieve on this path?
Intimacy – Sharing yourself	What are the relationships I value most in my life and how do I invest in seeking, enjoying and sustaining those relationships?
Creativity and play –Expressing yourself	What might creativity unleash and reveal in me?
Search for meaning – Integrating yourself	What do I feel when I am at peace within myself?
Compassion and contribution – Giving of yourself	What is my legacy? What will live on after me?

Values Clarification Activity

Step one: Review the list of values below. Quickly circle or put an X by 15 to 20 that seem most important to you at this time in your life. What are you passionate about and want to focus your energy towards?

Achievement	Health	Security
Adventure	Honesty	Self-discipline
Appreciation	Humility	Self-expression
Authenticity	Humor	Service
Belonging	Integrity	Simplicity
Career	Job security	Spirituality
Community	Joy	Success
Compassion	Justice	Time
Connection	Kindness	Teamwork
Contentment	Knowledge	Travel
Contribution	Leadership	Trust
Courage	Learning	Truth
Creativity	Love	Understanding
Ethics	Loyalty	Vision
Excellence	Making a difference	Wealth
Fairness	Optimism	Well-being
Faith	Nature	Wisdom
Family	Peace	
Financial stability	Perseverance	If your top value(s) is not on the
Forgiveness	Personal fulfillment	list, write your own here:
Freedom	Power	_____
Friendship	Relationships	_____
Generosity	Respect	_____
Growth	Responsibility	
Harmony	Risk-taking	

Step two: Go back and look at those you marked. Narrow those down to the **top 5 to 7 values** that are most essential to you. List them here and make a note about why each one matters to you.

1.

2.

3.

4.

5.

Step three: Take one VALUE and give an example of how you can use this particular core philosophical belief in order to be the best leader (board or executive) possible. Consider how has this value shown up at the board table or has assisted you to make a decision.