



Personal Leadership Development Challenge

Part 4: Values

There are 4 sections to this activity. Each one should take no longer than 10 minutes.

Section 1: Life in general

Answer each of the following questions. Complete them with thought but also with pace. Do not overthink them.

What ways of being matter most to you? (examples: being honest, friendly, helpful, intelligent)

What inspires you and makes you feel energized?

What **MUST** you have in your life?

What are the ideal qualities you look for in a partner or friend?

If you had to summarize yourself in 5 words – what would they be?

Section 2: Choose your values

Look at the list of values below. Read through all of them first.

1. Immediately cross out all of those which do not apply or resonate with you. Go with your gut on this. Be honest. Do this quite quickly.
2. When you have completed your initial run-through, repeat the exercise – only leaving those values which are most important to you. Discard and cross out the rest.
3. Keep repeating this exercise until you are left with only 10 or so values. As you are going through you may choose to combine some of them to one value and give it a new, more personal title. You may also choose to add something not listed. Remember – this is not a comprehensive list.
4. Write a list of your top 10 values.

Ambition	Authenticity	Beauty	Change
Compassion	Confidence	Cooperation	Courage
Creativity	Curiosity	Diversity	Enjoyment, Fun, Happiness & Joy
Fairness	Freedom	Friendship	Frugality
Generosity	Health and Wellness	Honesty	Influence
Justice	Kindness	Knowledge	Love
Loyalty	Nature	Order	Peace
Personal Development	Popularity	Recognition	Reputation
Security	Simplicity	Strength	Teamwork
Timeliness	Tolerance	Understanding	Uniqueness

Personal Leadership Development Challenge

Section 3: Finding out which of your values are most important

This is possibly the most important and difficult part of all the tasks. There will be times when all of your values cannot be met. You need to know which of your values are non-negotiable. This can guide and shape your decision-making at key times in your life.

1. Look at your lists from Section 1.
2. Look at the list of your top 10 values from Section 2.
3. Combine the two to make a new Top 10 values list.
4. Now attempt to rank them in order of importance, starting with the most important value at the top.
5. Role-play the following scenarios in your head and see if they shed any light on which of your values are most important.
 - You win \$100 million on the lottery. What do you do?
 - You win a very prestigious international prize that changes positively everything about your life – your career, wealth, recognition, etc. You later find out that an error occurred in the process and you actually came second. The organization is keen to sweep this under the carpet as they fear reputational damage. They ask you to confirm that you will keep this confidential and continue to be seen as the winner, despite actually coming second. What do you do?

Now that you have completed the exercises above, do you need to reorder your values in order of importance?

Section 4: Do your values fit with your life? Are they real?

Ask yourself the following questions:

1. If you were to be described at your funeral using the values you have identified, would you be satisfied that you had lived your life to the fullest?
2. Do you feel a sense of pride when you look at your list of values?
3. Do you feel comfortable to share them with your peers and those people you admire the most?
4. If you knew that standing by your values could put you in the minority, would you still stand by them?

Group discussion

Use the chat feature (or a facilitator) to have participants submit their input.

Think of a leader you admire.

1. What is it about them that separates them from not just being an okay leader, but an amazing one?
2. What are some of the traits and values you bring to TSA and other leadership roles?



Personal Leadership Development Challenge

3. How do you think these values shape your leadership style?
4. As a leader, what traits matter most to you?