

VALUES EXERCISE: Brene Brown

“A value is a way of being or believing that we hold most important. Living into our values means that we do more than profess our values, we practice them. We walk our talk—we are clear about what we believe and hold important, and we take care that our intentions, words, thoughts, and behaviours align with those beliefs.”

Brene Brown (*Dare to Lead*)

LIST OF VALUES

Accountability	Ethics	Justice	Self-discipline
Achievement	Excellence	Kindness	Self-expression
Adaptability	Fairness	Knowledge	Self-respect
Adventure	Faith	Leadership	Serenity
Altruism	Family	Learning	Service
Ambition	Financial stability	Legacy	Simplicity
Authenticity	Forgiveness	Leisure	Spirituality
Balance	Freedom	Love	Sportsmanship
Beauty	Friendship	Loyalty	Stewardship
Being the best	Fun	Making a difference	Success
Belonging	Future generations	Openness	Time
Career	Generosity	Optimism	Teamwork
Caring	Giving back	Order	Thrift
Collaboration	Grace	Nature	Tradition
Commitment	Gratitude	Parenting	Travel
Community	Growth Harmony	Patriotism	Trust
Compassion	Health	Patience	Truth
Competence	Home	Peace	Understanding
Confidence	Honesty	Perseverance	Uniqueness
Connection	Hope	Personal fulfillment	Usefulness
Contentment	Humility	Power	Vision
Contribution	Humor	Pride	Vulnerability
Cooperation	Inclusion	Recognition	Wealth
Courage	Independence	Reliability	Well-being
Creativity	Integrity	Respect	Wholeheartedness
Dignity	Initiative	Resourcefulness	Wisdom
Diversity	Intuition	Responsibility	Write your own:
Environment	Job security	Risk-taking	_____
Efficiency	Joy	Safety	
Equality		Security	

VALUES: Review and Reflect

VALUE #1 _____

What are three behaviours that support your value?

1. _____
2. _____
3. _____

What are three slippery behaviours that are outside your value?

1. _____
2. _____
3. _____

What's an example of a time when you were fully living into this value?

VALUE #2 _____

What are three behaviours that support your value?

1. _____
2. _____
3. _____

What are three slippery behaviours that are outside your value?

1. _____
2. _____

3. _____

What's an example of a time when you were fully living into this value?

***Ideally – You have this list narrowed to TWO key values – but if you're like me, that just didn't happen. I ended up with three major, and two minor values that really spoke to me: Authenticity, Grace, Growth and Health, Humor**

One of Brene Brown's values is COURAGE. Here is an example of how she uses this value practically.

“Be brave” is tied to the courage-building work presented in this book. Here is an example of three behaviours that support that value:

1. I set clear boundaries with others.
2. I lean into difficult conversations, meetings, and decisions.
3. I talk to people, not about them.

“Integrity is choosing courage over comfort; it's choosing what's right over what's fun, fast, or easy; and it's practicing your values, not just professing them.” -Brene Brown