

Values

Values are a person's principles or standards of behavior. Values also include one's judgment of what is important in life. The following list includes examples of where

some people may hold strong values. Which five are most important to you, and why? Reflection questions follow.

Acceptance	Education	Industry	Positivity
Accuracy	Efficiency	Inclusion	Power
Achievement	Environmentalism	Inner Peace	Purpose
Adventure	Equality	Innovation	Rationality
Attractiveness	Equity	Intimacy	Realism
Authority	Excitement	Justice	Reliability
Autonomy	Faith	Knowledge	Respect
Beauty	Faithfulness	Leisure	Responsibility
Belonging	Fame	Loved	Risk
Boldness	Family	Loving	Romance
Caring	Fitness	Loyalty	Safety
Challenge	Flexibility	Mastery	Self-Acceptance
Change	Forgiveness	Mindfulness	Self-Control
Cleanliness	Friendship	Moderation	Self-Esteem
Comfort	Fun	Monogamy	Self-Knowledge
Commitment	Generosity	Motivation	Service to others
Compassion	Genuineness	Nonconformity	Sexuality
Consistency	God's Will	Nurturance	Simplicity
Contribution	Good humor	Open-mindedness	Solitude
Cooperation	Growth	Openness	Spirit of adventure
Courage	Health	Optimism	Spirituality
Courtesy	Helpfulness	Order	Stability
Creativity	Honesty	Passion	Tolerance
Dependability	Hope	Patriotism	Tradition
Diversity	Humility	Perseverance	Virtue
Duty	Humor	Pleasure	Wealth
Ecology	Independence	Popularity	World Peace

REFLECTION QUESTIONS

How do you think things *should* be in the world?

How *should* people act in certain circumstances?

From where do the “shoulds” originate and why?

What are the most important aspects of life to you?

How do you think the “important” aspects of life should be handled (e.g. money, family, relationships, power, gender-roles, etc.)?

What values, beliefs, and perceptions do I bring as a coach, educator, manager, leader, etc.?

How might my power, privileges, values, beliefs, and perceptions be influencing my successful interactions with others?

How might my power, privileges, values, beliefs, and perceptions be keeping others from being as successful as I want them to be?

How does your definition of an effective coach, educator, manager, leader, etc. align/misalign with your values and the values of others?