WUN
womens utilities network

Drive Programme
Management Foundations Pre-work

Personal Values

Our 'Values' are usually established within the first few years of our lives and don't usually change.

They are deep seated at our core and serve as a 'blueprint' for life. We develop belief systems around our core values, but these can change as life progresses.

If we can do work that is aligned with our values we will be highly engaged, which means we have to take the time to think about them and be able to articulate them to others.

Brené Brown's research identified the list of values outlined in her book, Dare to Lead. They are below.

Identifying your Values

Review the list of values and pay attention to your emotional response as you read them.

Your task is to pick the **two** that you hold most important. This is quite difficult and most people want to pick 12 – 15, so maybe start with that but then get focused !

Really think about the two that stand out, that represent the way you view the world and your role in it, and how you are driven.

If everything on the list is important, then it's just a list of feel-good words.

Come to the first session prepared to share the values you have chosen and what drove you to choose those two.

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