

Great Leadership Begins with Solid Values. What are Yours?

The truth is, you can't become a great leader until you know who you are. And that means understanding the values that drive your beliefs and behaviors.

3 Kinds of Values



Should Values

Imposed upon us from external authority figures such as parents and teachers. Some are innocuous. Some are toxic.

Examples:

*Be polite
Respect your elders
Don't rock the boat
Don't speak up*



Could Values

Chosen for ourselves, they are personal and resonate with us deeply.

Examples:

*Creativity
Independence
Integrity
Enjoyment*



Core Values

The 3 to 5 Could Values that are core to who we are as people. They make up our true nature.

When we're not living our Core Values consistently, we are betraying ourselves. And we know it.

How to Find Your Values

1. Think of...

The things you like to do.

The times when you're at our best.

What you were like as a kid.

What has made you successful in the past.

What you'd like more of in your life.

2. Look for the commonalities.

Identify the values being expressed in the things above. Use this list to get you started: judysims.com/values.

Remember: No Should Values allowed!

3. Determine your core values.

Chose 3 to 5 values that are most important to you. You'll know you've hit on your Core Values when you feel a sense of relief.

4. Use your values to create a road map for living your life.

Allow your core values to drive your focus, your goals, and the nature of your leadership.