

RESILIENCE READY

Vivian Blade, Leadership & Resilience Expert
<https://ResilienceReady.Today>

Perspective

Resilience Ready Principle 1

Core Values Sort Exercise

Your values system is the set of beliefs, principles, or standards around which you align your life, both personally and professionally. Values develop over the course of your life and are influenced by the meaning you derive from your personal experiences and from observing the people and environment around you. Core values define what is most important to you and help you set priorities for your life. They influence your thought patterns and actions and represent characteristics by which you want to be known. They influence your worldview and how you respond in stressful and challenging times.

To discover the core values that are most important for you, complete the sorting exercise below. Keep in mind that there are no right or wrong answers. Be honest with yourself and don't overthink your selections. You'll find many of these values have played a role in your life. Your goal is to identify the ones that are most significant for you. The list is not exhaustive. Feel free to add other values to the list that resonate with you.

Step 1. Review the list of core values below. Place a check beside 20 – 25 values that are important for you.

Step 2. Of the 20 – 25 values you have checked, circle the 10 that are more important for you.

Step 3. Of the 10 you circled, put an asterisk (*) beside the 5 values that are most important for you.

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Acceptance | <input type="checkbox"/> Empathy | <input type="checkbox"/> Innovation | <input type="checkbox"/> Resilience |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Equity | <input type="checkbox"/> Integrity | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Ethical | <input type="checkbox"/> Kindness | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Assertiveness | <input type="checkbox"/> Excellence | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Responsiveness |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Faith | <input type="checkbox"/> Learning | <input type="checkbox"/> Risk-Taking |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Family | <input type="checkbox"/> Love | <input type="checkbox"/> Security |
| <input type="checkbox"/> Candor | <input type="checkbox"/> Friendship | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Self-Respect |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Fun | <input type="checkbox"/> Meaningful Work | <input type="checkbox"/> Service |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Generosity | <input type="checkbox"/> Open-Mindedness | <input type="checkbox"/> Sincerity |
| <input type="checkbox"/> Community | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Optimism | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Growth | <input type="checkbox"/> Organization | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Consistency | <input type="checkbox"/> Happiness | <input type="checkbox"/> Passion | <input type="checkbox"/> Status |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Harmony | <input type="checkbox"/> Patience | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Health | <input type="checkbox"/> Peace | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> Honesty | <input type="checkbox"/> Perseverance | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Decisive | <input type="checkbox"/> Hope | <input type="checkbox"/> Persistence | <input type="checkbox"/> Versatility |
| <input type="checkbox"/> Dependability | <input type="checkbox"/> Humility | <input type="checkbox"/> Power | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Determination | <input type="checkbox"/> Humor | <input type="checkbox"/> Recognition | <input type="checkbox"/> Well-being |
| <input type="checkbox"/> Dignity | <input type="checkbox"/> Inclusiveness | <input type="checkbox"/> Relationships | <input type="checkbox"/> Winning |
| <input type="checkbox"/> Diversity | <input type="checkbox"/> Independence | <input type="checkbox"/> Religion | <input type="checkbox"/> Wisdom |



Step 1. Enhance Your Self-Awareness

Content covered on pp. 71–77 of *Resilience Ready: The Leader's Guide to Thriving Through Unrelenting Crises*.



Consider This

My Personal Core Values

What are my top 5 personal core values?

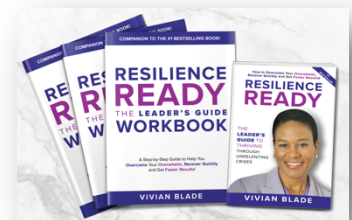
1. _____ 2. _____ 3. _____

4. _____ 5. _____

What role do my personal core values play in my life, both personally and professionally? How do they guide my thoughts, decisions, actions, and interactions?

How do my personal core values align with our organization's core values?

Related resources: Diagnostic Assessment Tools:
Behavioral, Emotional Intelligence, Stress,
Resilience Ready Self-Assessment
(Contact Vivian Blade for details.)



available at




Reference Source: *Resilience Ready: The Leader's Guide Workbook*
vivian@vivianblade.com www.vivianblade.com / www.ResilienceReady.Today

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