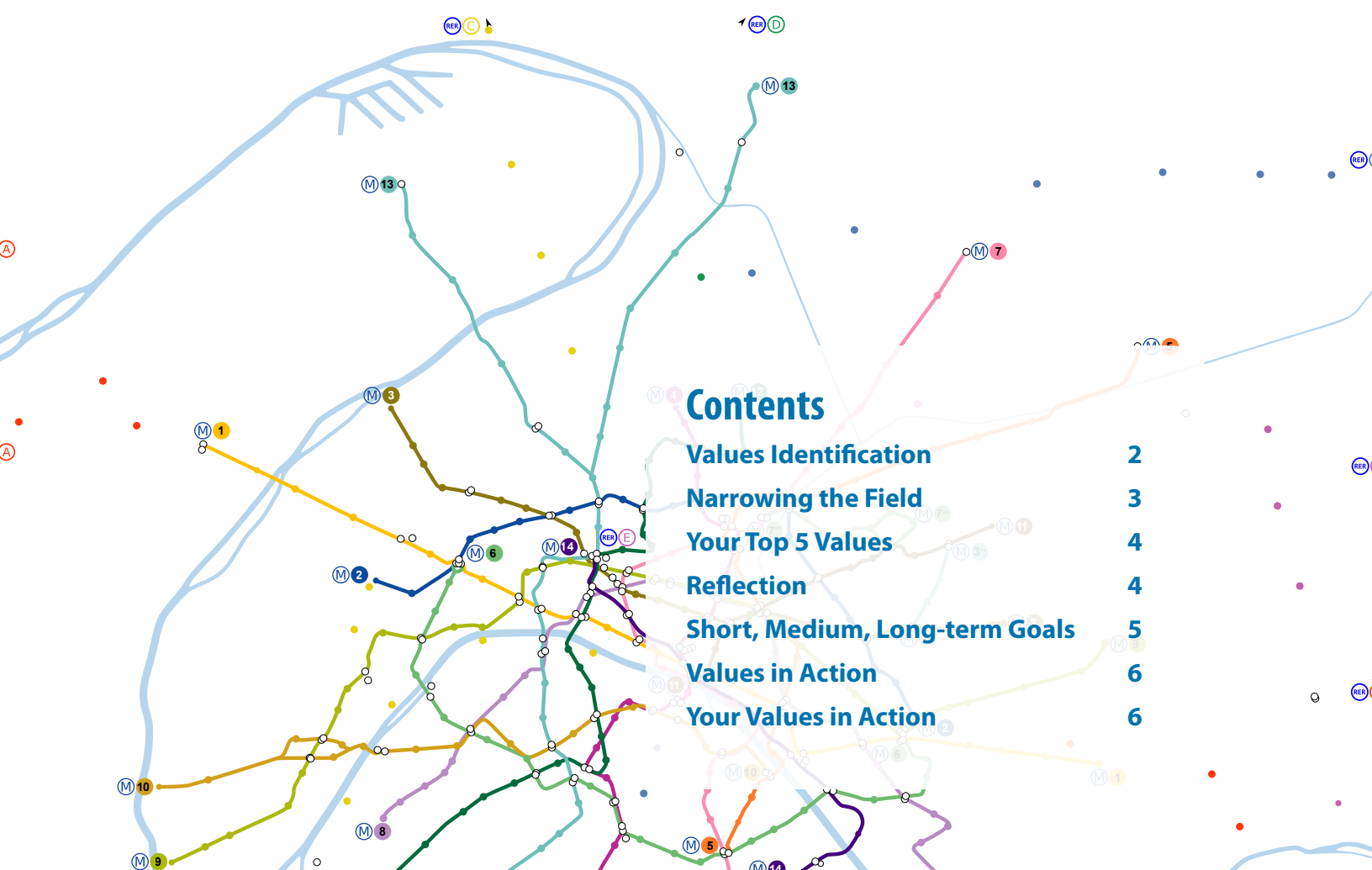


VALUES

exercises and a short guide



The Emotional Intelligence
Training Company Inc.



Contents

Values Identification	2
Narrowing the Field	3
Your Top 5 Values	4
Reflection	4
Short, Medium, Long-term Goals	5
Values in Action	6
Your Values in Action	6

Values Identification

Place a checkmark next to the 15 values that are most important to you.

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Ecological Awareness | <input type="checkbox"/> Influencing Others | <input type="checkbox"/> Professionalism |
| <input type="checkbox"/> Advancement & Promotion | <input type="checkbox"/> Economic Security | <input type="checkbox"/> Inner Harmony | <input type="checkbox"/> Prosperity |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Effectiveness | <input type="checkbox"/> Innovation | <input type="checkbox"/> Purity |
| <input type="checkbox"/> Affection | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Integrity | <input type="checkbox"/> Quality |
| <input type="checkbox"/> Arts | <input type="checkbox"/> Enjoyment | <input type="checkbox"/> Intellectual status | <input type="checkbox"/> Recognition |
| <input type="checkbox"/> Autonomy | <input type="checkbox"/> Equality | <input type="checkbox"/> Involvement | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Ethical Practice | <input type="checkbox"/> Job tranquility | <input type="checkbox"/> Religion |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Excellence | <input type="checkbox"/> Joyfulness | <input type="checkbox"/> Reputation |
| <input type="checkbox"/> Challenging Problems | <input type="checkbox"/> Excitement | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Change & Variety | <input type="checkbox"/> Expertise | <input type="checkbox"/> Leadership | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Close Relationships | <input type="checkbox"/> Fairness | <input type="checkbox"/> Location | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Community | <input type="checkbox"/> Faith | <input type="checkbox"/> Love | <input type="checkbox"/> Self respect |
| <input type="checkbox"/> Competence | <input type="checkbox"/> Fame | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Serenity |
| <input type="checkbox"/> Competition | <input type="checkbox"/> Family | <input type="checkbox"/> Meaningful Work | <input type="checkbox"/> Service |
| <input type="checkbox"/> Completion | <input type="checkbox"/> Fast living | <input type="checkbox"/> Merit | <input type="checkbox"/> Sophistication |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Fast-paced work | <input type="checkbox"/> Money | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Financial gain | <input type="checkbox"/> Nature | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Collaboration | <input type="checkbox"/> Fitness | <input type="checkbox"/> Openness | <input type="checkbox"/> Status |
| <input type="checkbox"/> Country | <input type="checkbox"/> Freedom | <input type="checkbox"/> Order | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Friendship | <input type="checkbox"/> Personal Development | <input type="checkbox"/> Time freedom |
| <input type="checkbox"/> Creative Expression | <input type="checkbox"/> Generosity | <input type="checkbox"/> Personal Expression | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Decisiveness | <input type="checkbox"/> Growth | <input type="checkbox"/> Perseverance | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Democracy | <input type="checkbox"/> Health | <input type="checkbox"/> Playfulness | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Diversity | <input type="checkbox"/> Helping other | <input type="checkbox"/> Pleasure | <input type="checkbox"/> Work alone |
| | <input type="checkbox"/> Honesty | <input type="checkbox"/> Power | <input type="checkbox"/> Work on Frontiers |
| | <input type="checkbox"/> Humor | <input type="checkbox"/> Privacy | <input type="checkbox"/> Work with others |
| | <input type="checkbox"/> Independence | | |

Narrowing the Field

Step 1. Write your 15 values that you chose in the first exercise.

01. _____
02. _____
03. _____
04. _____
05. _____
06. _____
07. _____
08. _____
09. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Step 2. Now select 10 that are the most important to you.

01. _____
02. _____
03. _____
04. _____
05. _____
06. _____
07. _____
08. _____
09. _____
10. _____

Your Top 5 Values

Many find this step more difficult than the others. These are the 5 values that are most central to you and your life. These are what you could call your 'core' values. These values tend to be not optional and not negotiable.

01. _____
02. _____
03. _____
04. _____
05. _____

Reflection

Now that you've completed the exercise of focusing on your 5 Core Values, consider how it felt to work through this exercise.

Was it challenging or easy? How was it challenging or easy?

What happens inside when your Core Values are not aligned with your actions?

Short, Medium, Long-term Goals

What are your current goals?

Short term: _____

Next year: _____

Five years from now: _____

What actions are you taking to move you in the direction of your goals?

Short term: _____

Next year: _____

Five years from now: _____

How do your Goals align with your Core Values?

“The truth of the matter is that you always know the right thing to do. The hard part is doing it.”

Norman Schwarzkopf, General, Commander

Values in Action

Value: Integrity - Integrity in Action:

- » I practice what I preach.
- » I do what I say I will do.
- » I am accountable for my actions

Value: Contribution - Contribution in Action:

- » I look for ways I can add value in my work and personal life.
- » I do not hesitate to use my gifts and talents where they are needed

Your Values in Action

Write your Core Values and Corresponding ‘Values-in-Action’ Statements as in the above examples:
