



# SESSION 2

## YOUR VALUES



PINK COAT, MD

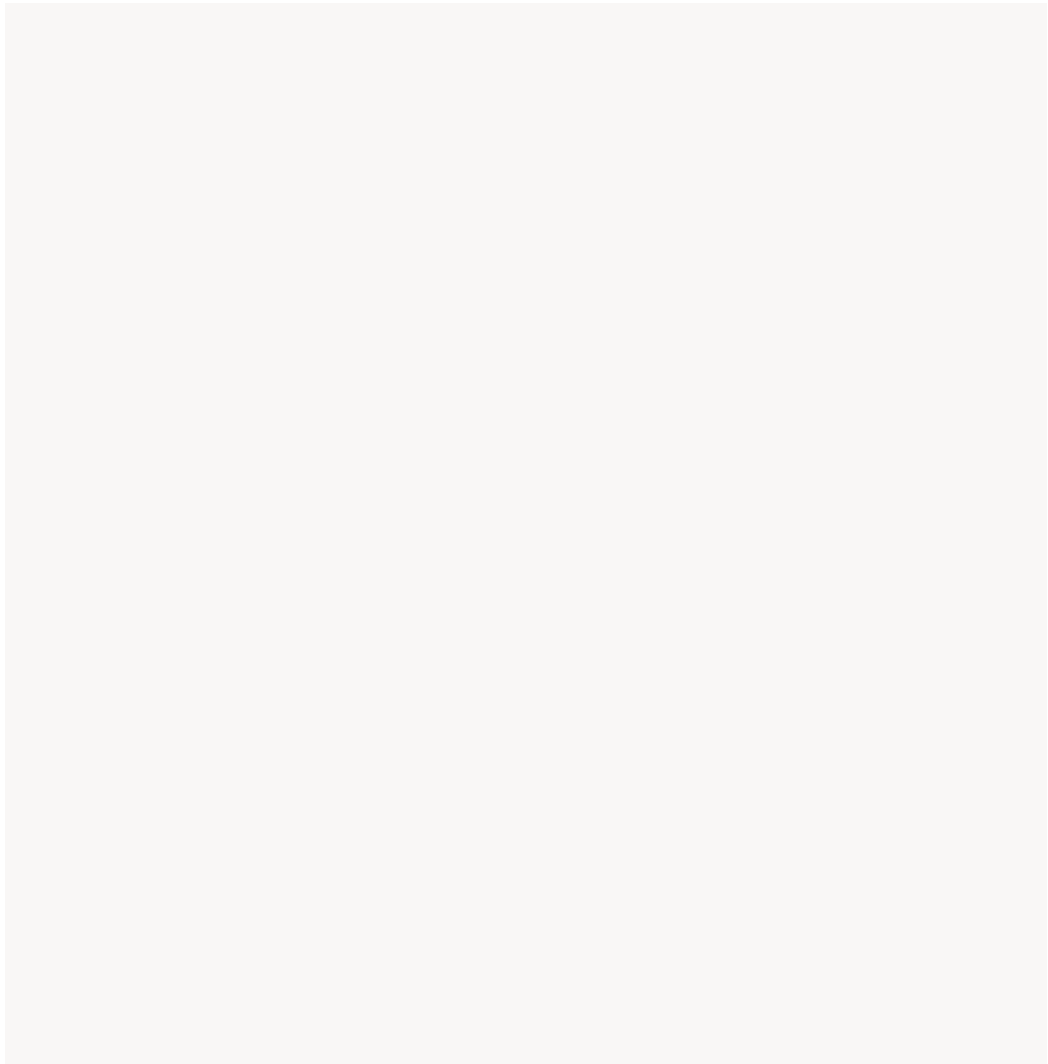
## Mining for Our Values

What we value most can often be found hidden in our peak experiences, our heroes, what brings out anger in us, and in our life purpose.

### **What are your peak life experiences?**

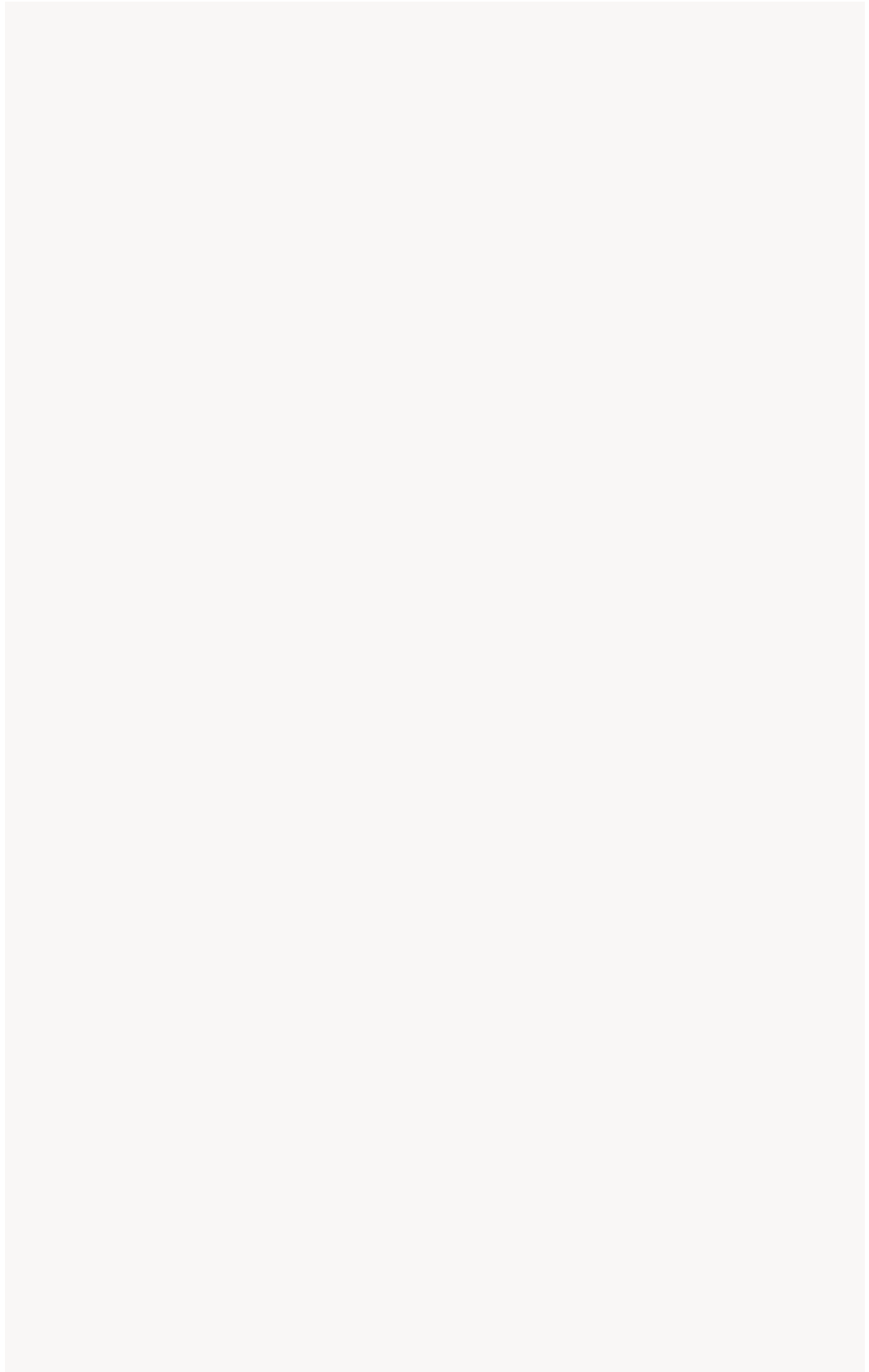
Think about your life from childhood until today. What moments/experiences/memories stand out as Peak experiences? When have you felt MOST ALIVE in your life?

**Reflect in the space below.**



# Mining for Our Values

**Continue in the space below.**

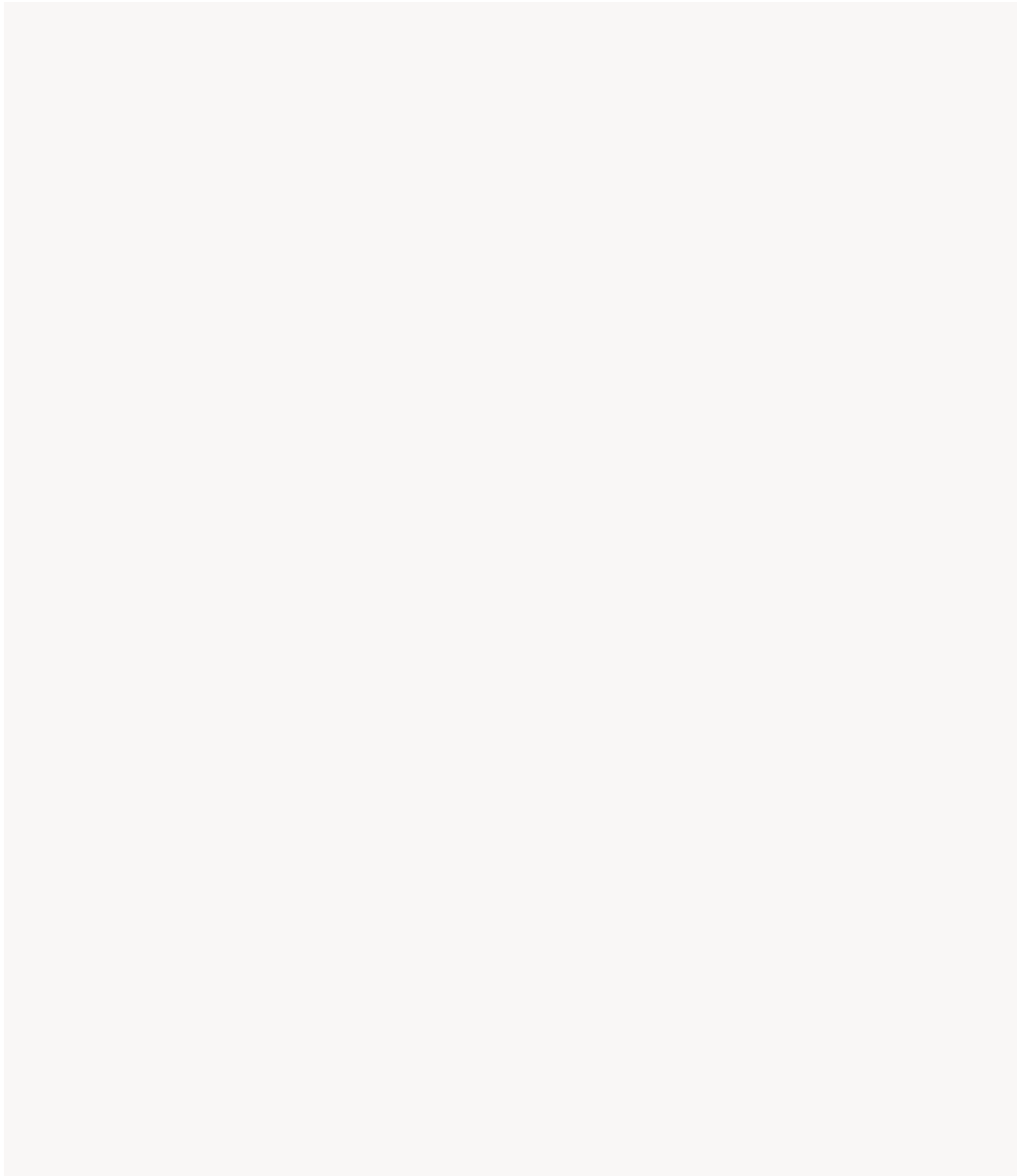


# Mining for Our Values

## Who are your heroes?

Reflect on the individuals you admire most. Who do you consider to be your personal hero(es)? What do you admire most about them?

**Reflect in the space below.**



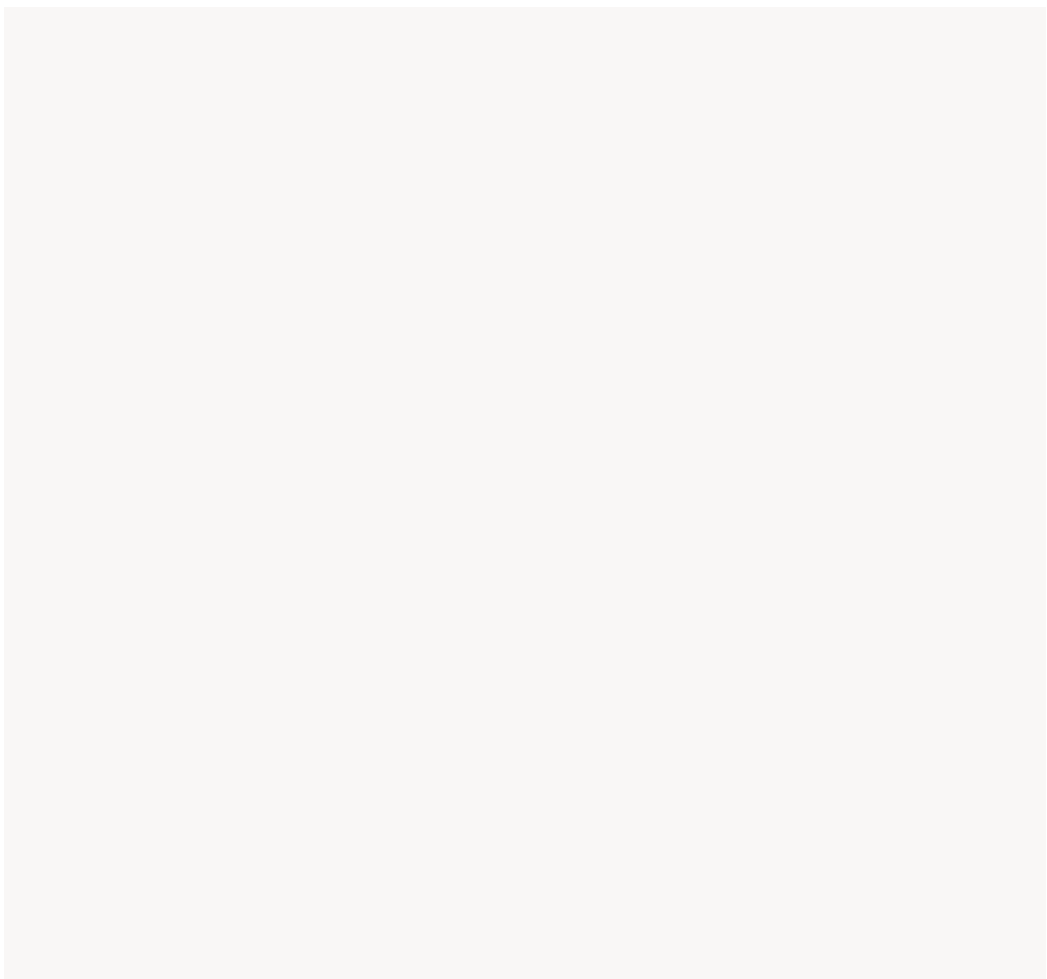
# Mining for Our Values

## **What makes you MAD?**

Our non-negotiable values are often hidden in situations or events when we have found ourselves deeply angry -- and perhaps may not fully understand why.

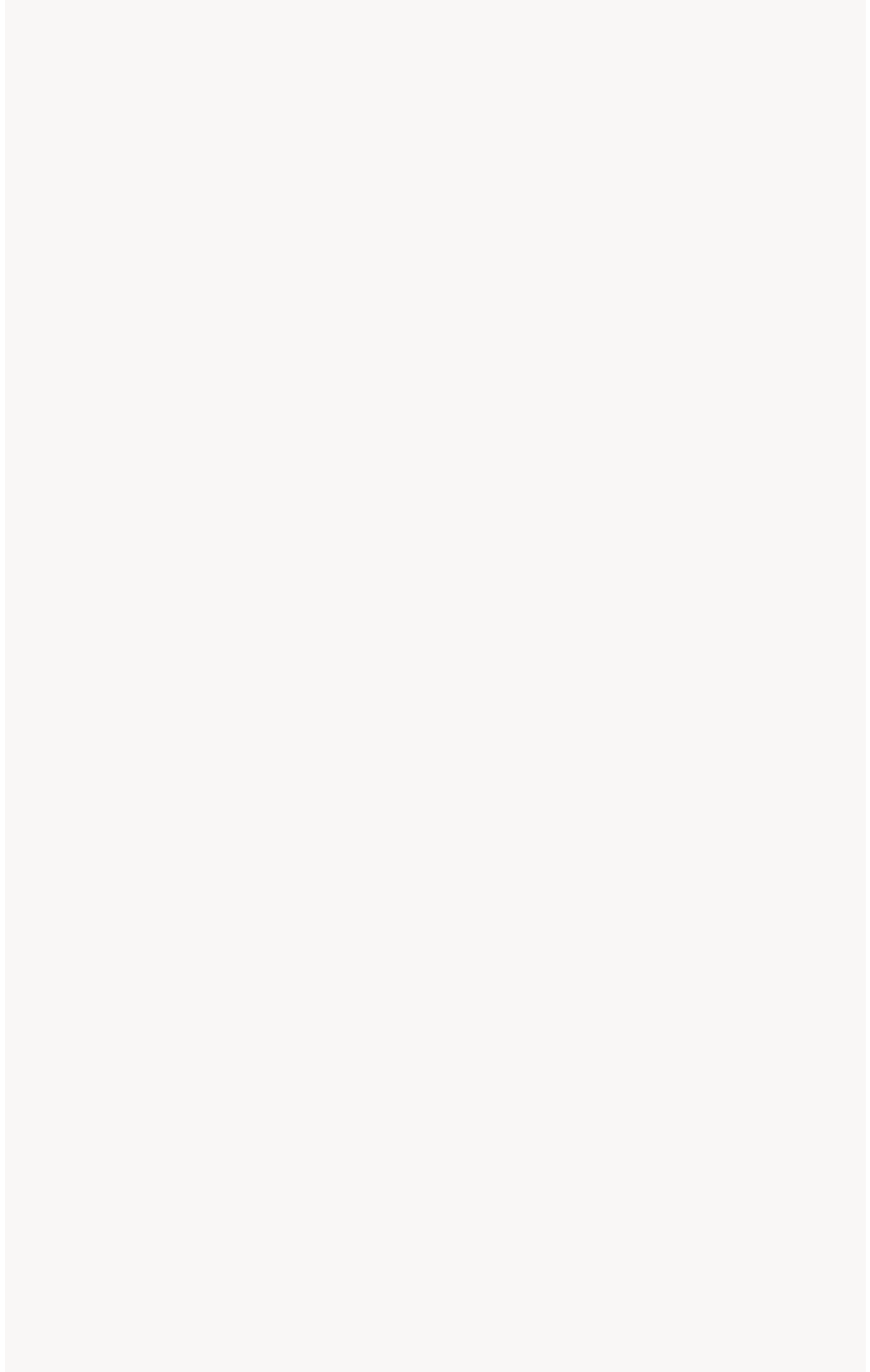
Think about situations or interactions in your life that have truly made you MAD. What values were possibly not being honored?

**Reflect in the space below.**



# Mining for Our Values

**Continue in the space below.**



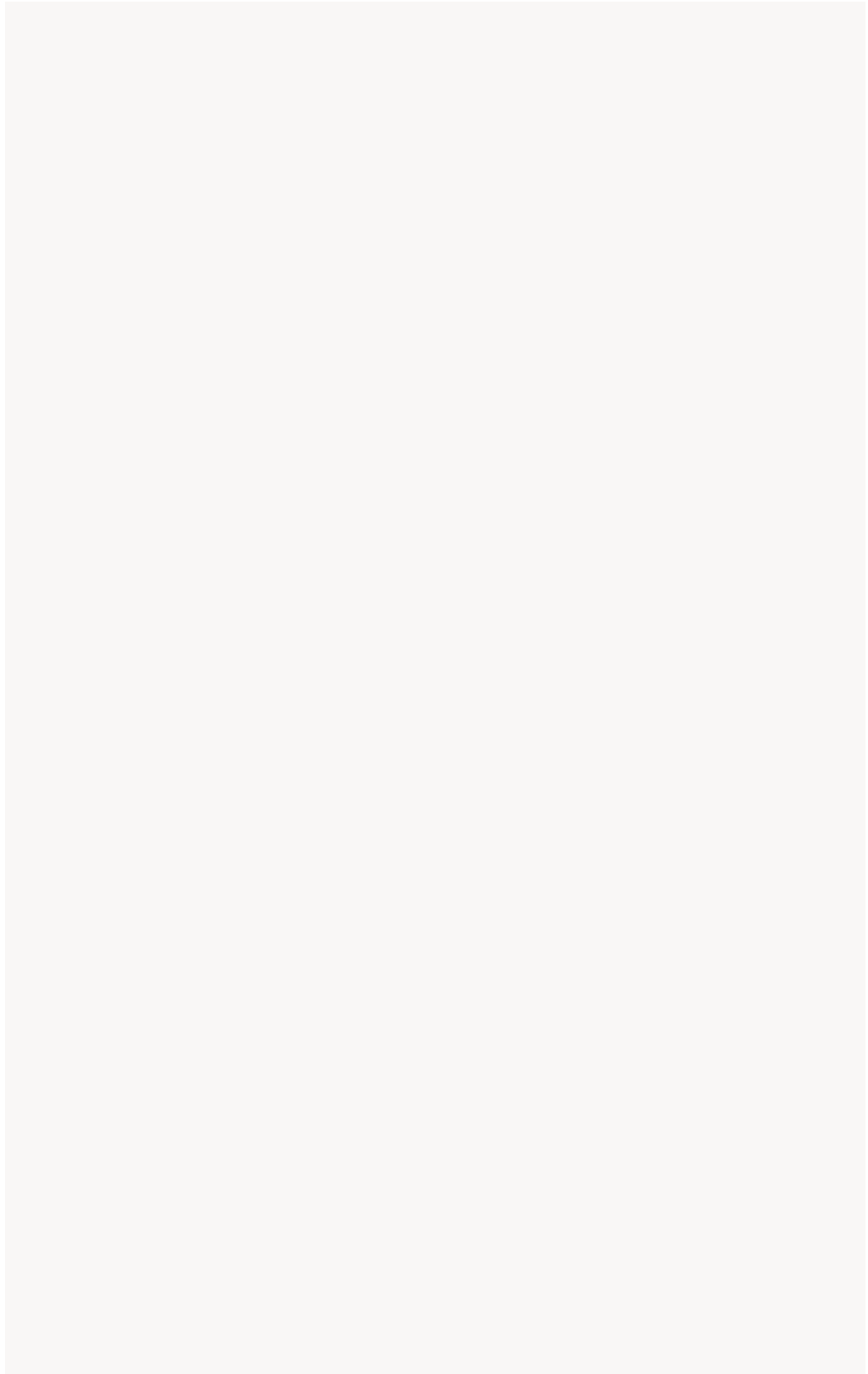
# Values Exercise



- |                |                 |                  |
|----------------|-----------------|------------------|
| Adaptability   | Forgiveness     | Philanthropy     |
| Adventure      | Freedom         | Power            |
| Altruism       | Friendliness    | Pragmatism       |
| Authenticity   | Generosity      | Positivity       |
| Being the Best | Gratitude       | Responsibility   |
| Belonging      | Growth          | Respect          |
| Collaboration  | Harmony         | Security         |
| Commitment     | Honesty         | Serenity         |
| Compassion     | Humility        | Service          |
| Connection     | Humor           | Simplicity       |
| Consistency    | Independence    | Spirituality     |
| Courage        | Integrity       | Sportsmanship    |
| Dependability  | Joy             | Stewardship      |
| Discipline     | Justice         | Success          |
| Diversity      | Kindness        | Tolerance        |
| Education      | Leadership      | Thrift           |
| Efficiency     | Learning        | Tradition        |
| Equality       | Legacy          | Truth            |
| Enthusiasm     | Love            | Uniqueness       |
| Excellence     | Loyalty         | Vision           |
| Family         | Open-mindedness | Vulnerability    |
| Fairness       | Optimism        | Wealth           |
| Faith          | Peace           | Wholeheartedness |
| Fearlessness   | Perseverance    | Wisdom           |
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# My Top Core Values

**List your top 5-10 core values in the space below:**





# String of Words Exercise

While there are countless Core Values, what's even more amazing is that ***each of us has our own definition of what our values mean to us.*** None of our definitions are the exactly the same.

Your partner will help you explore what each of your top core values means to you!

## Partner Exercise!

### 1 person goes first

- Share your top 5 values
- Define 1 at a time in your own words
- What does this "Value" mean to you?

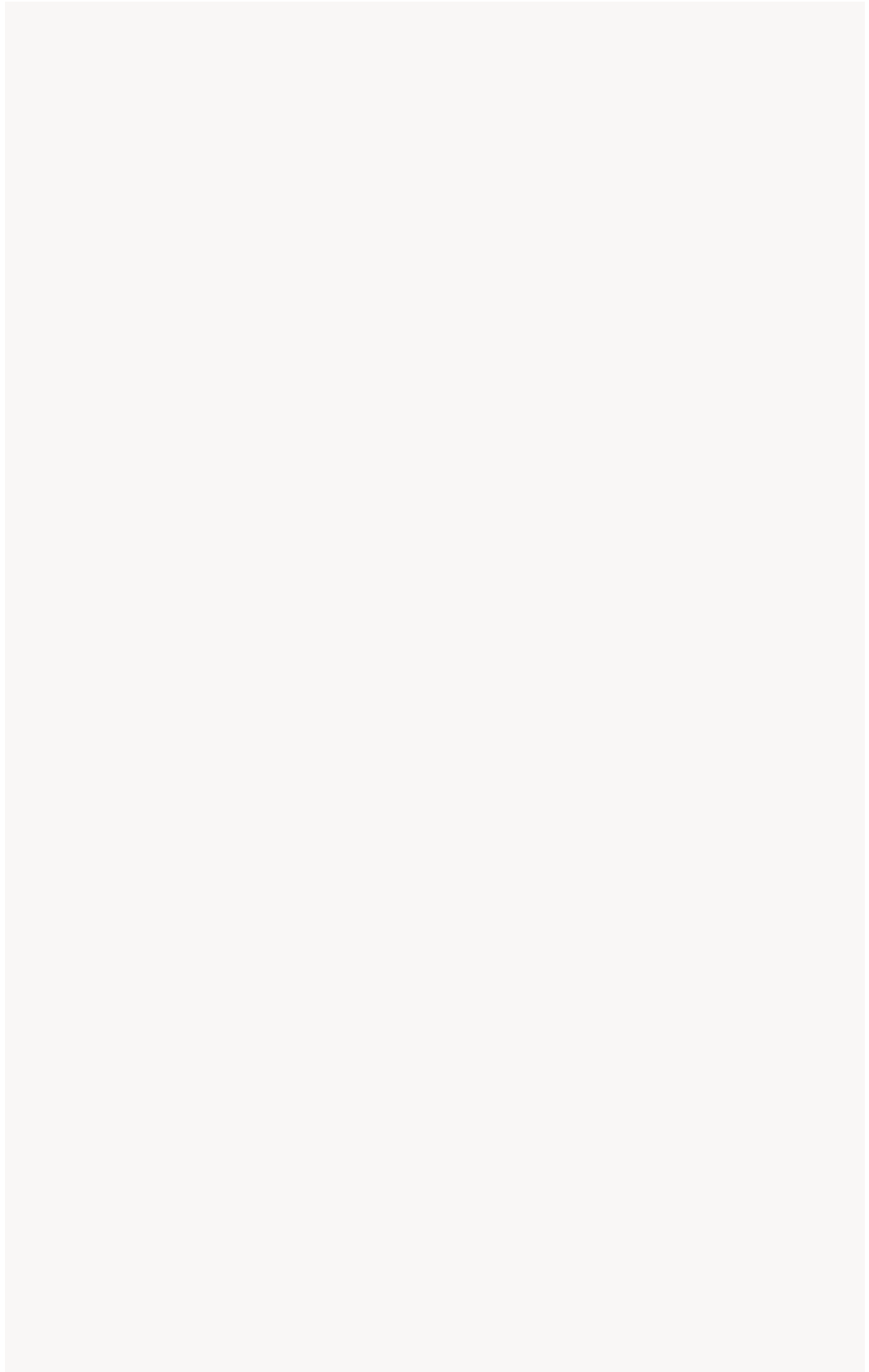
### The other partner takes notes

- Ask questions to help your partner clarify how she defines each value for herself
- Take notes for your partner to help her create her "String of Words"
- Share and summarize your notes for your partner

### Then Switch!

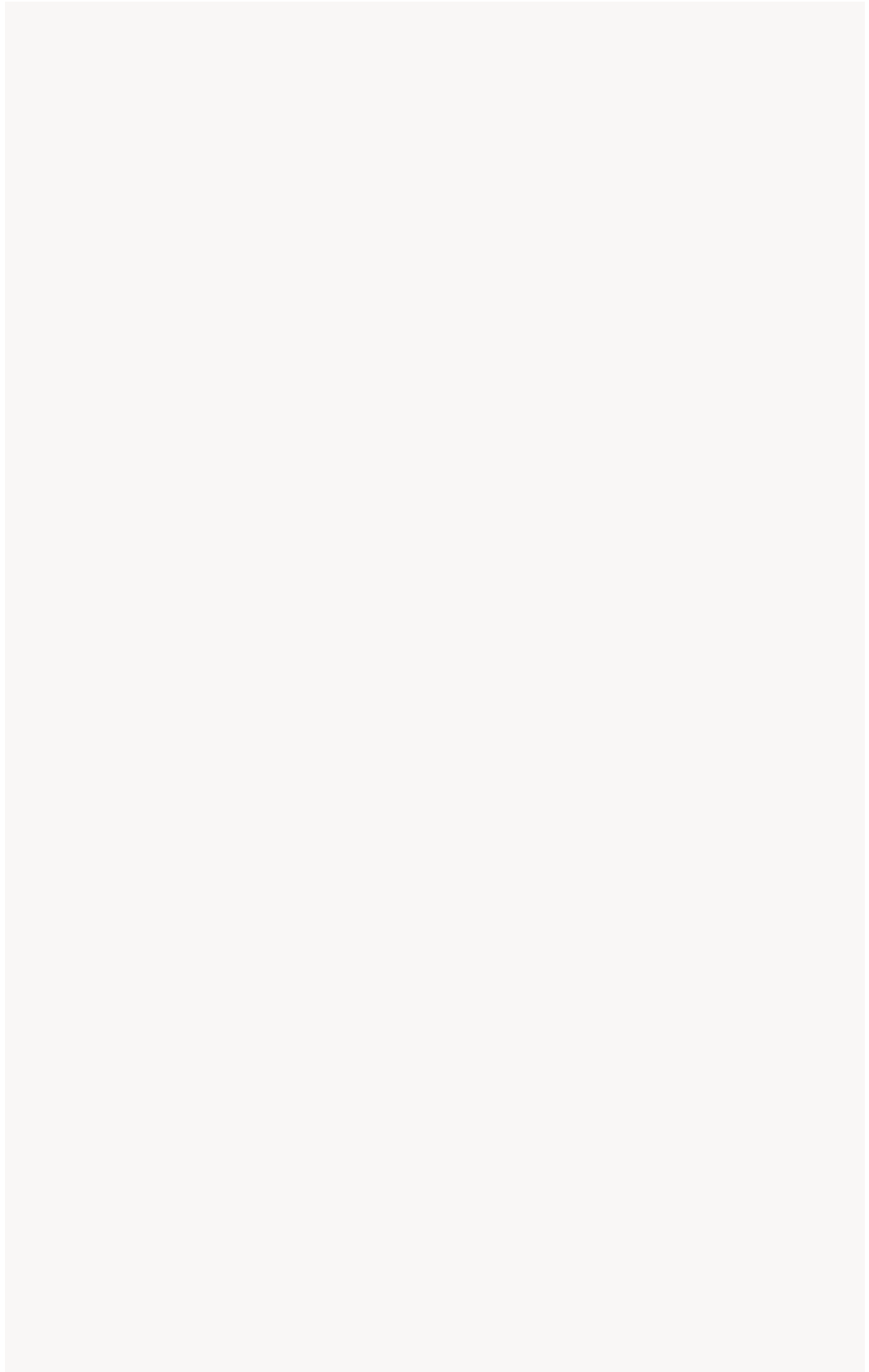
# String of Words Exercise

**Continue in the space below.**



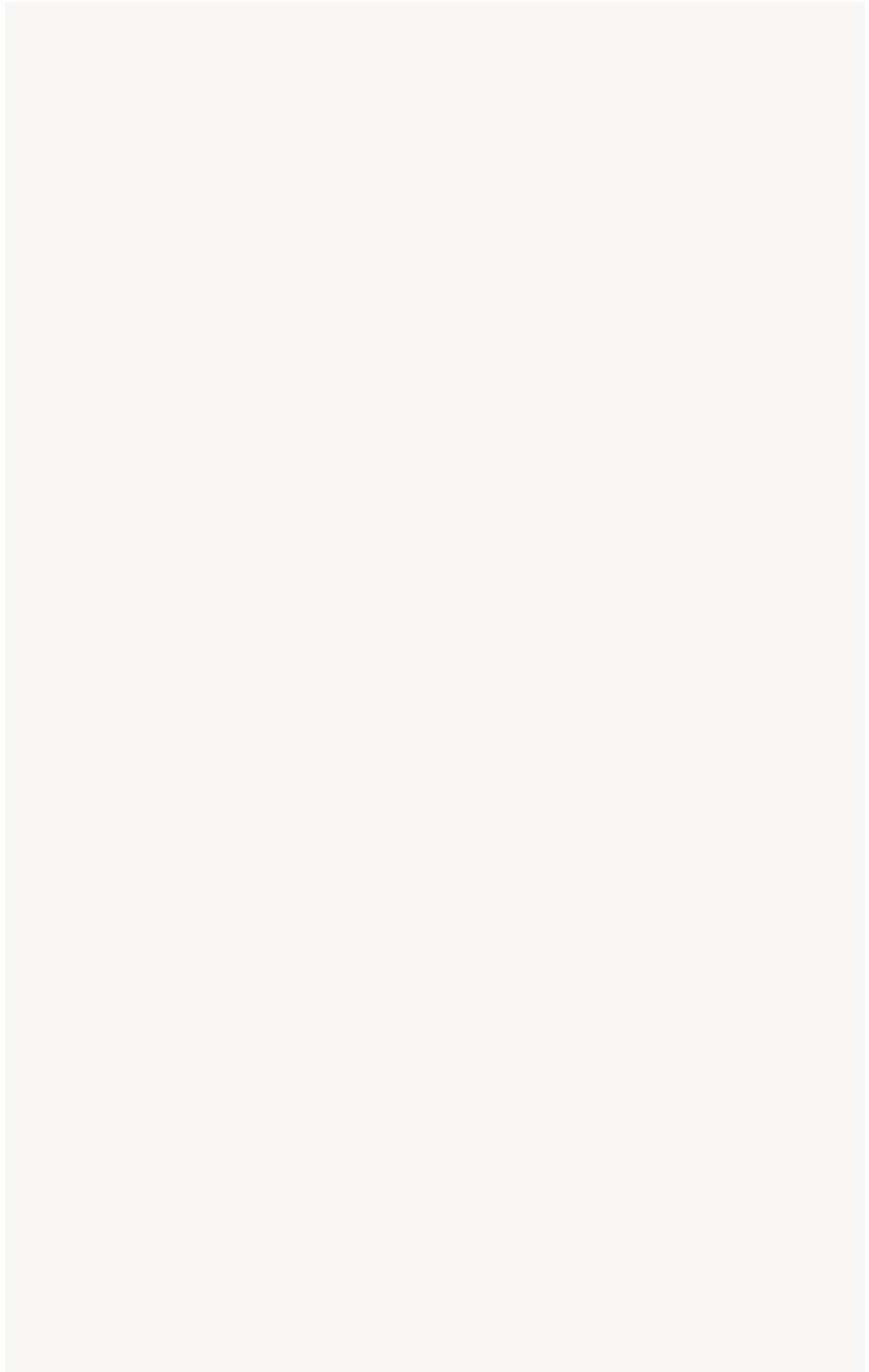
# String of Words Exercise

**Continue in the space below.**



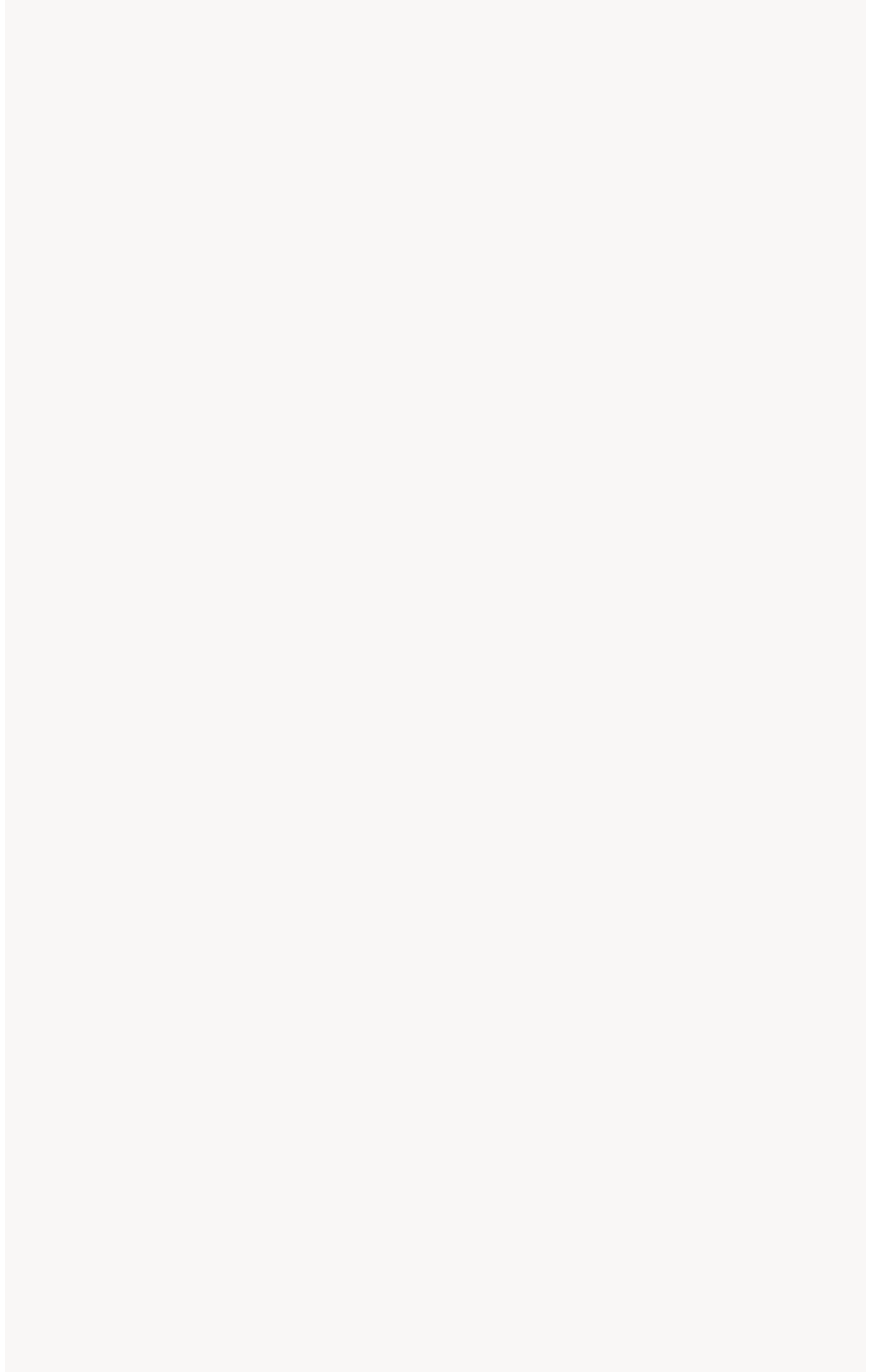
# String of Words Exercise

**Continue in the space below.**



# String of Words Exercise

**Continue in the space below.**



# My Top Core Values

