

Leadership-life Fit: Living Your Values (adapted from Anese Cavanaugh)

Your values are the principles and behaviors that guide the way you live and work.

When the things that you do and the way you behave match your values, you feel content and satisfied— you're in your groove. But when these don't align with your personal values, that's when things feel... off. This can be a source of unhappiness and stress.

Consequently, making a conscious effort to identify your values is so important to a quality leadership life fit. Life can be much easier when you acknowledge your values – and when you are at choice in the face of competing values. You should also expect your values to shift and change as you gain new personal and professional experiences. This is why you may want to revisit this activity, especially if you start to feel off—if you don't feel you have the leadership-life fit you want.

Determining Values:

Consider the following questions. Your responses will help you surface your values (ask *Why* of yourself after each response).

1. What does your calendar look like—where and how do you spend your time?
2. How do you love to spend your time? Hate to spend your time?
3. How do you spend your money?
4. What makes you smile-gives you joy?
5. What drives you crazy—ticks you off? What do you judge harshest in people?
6. What would your friends say are the things/behaviors most important to you?

Identify your top 10 values below (no pressure, so if you can't commit to 10 right now- no worries). Choose 3-5 and rate how well you're living each of those values (no judgment and no right or wrong!). Next, consider what might stand in the way of you honoring that value at a higher level. Then, note your next step to be more in alignment (if that's what you'd like).

	Values	Honoring (0-10)	Barrier	Next littlest thing...
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				