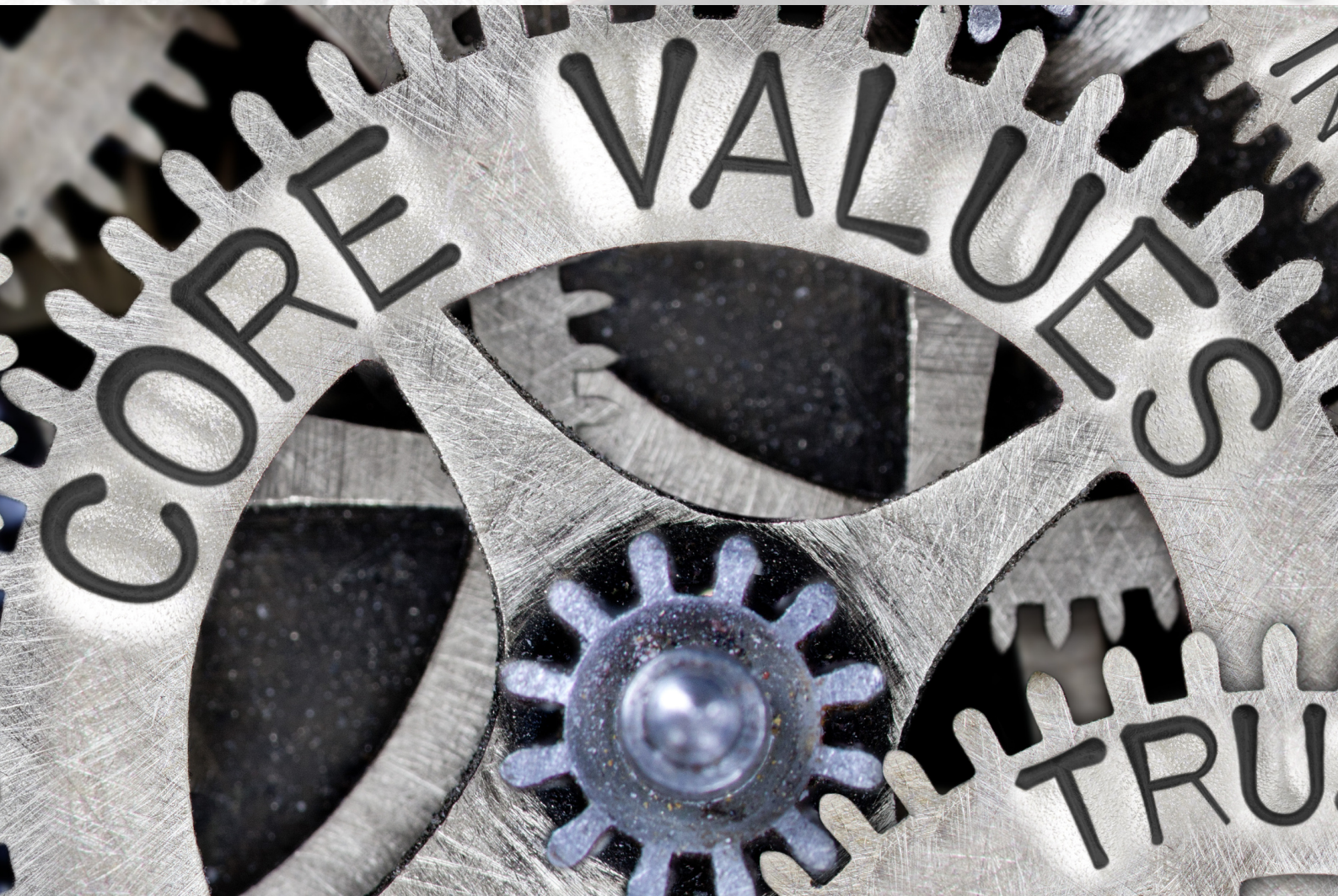


VALUES FINDER EXERCISE



Liz Del Borrello
Leadership Coach



**LEADERS
LOBBY**
ELEVATED PATHWAYS

VALUES FINDER EXERCISE



ABOUT ME

I am a certified leadership coach and a member of the International Coaching Federation. In 2022, I founded a leader networking community – Leaders Lobby Perth.

I believe that great leadership is grounded in self-awareness of your strengths, values and purpose. Deeply self-aware leaders are better equipped to lead teams confidently and authentically.

I work 1:1 with experienced and emerging leaders to get them from where they are to where they want to be. Working with me, clients experience greater self-confidence, better work-life balance and increased productivity.

THANK YOU

Thanks for taking the time to download the values finder exercise. Have you ever felt like something was 'off' at work? Been overlooked for a promotion? Don't believe your work has an impact? You're not alone, many of us have a misalignment between our personal and company values.

One of the first questions that I ask my clients is what are your personal values? It's not only important to be able to name/list them but also to understand why your values are important to you. Your values act as a compass for making life decisions, including your career.

A strong sense of self is the foundation of great leadership. Knowing who you are and what you stand for is vital to confidently communicate brand YOU.

Cheers, Liz

Liz Del Borrello
Leadership Coach



facebook.com/groups/leaderslobby



meetup.com/leaders-lobby-perth/

Personal values exercise



Passion

- Drives your reason for doing what you do



Values

- Beliefs that offers direction for your choices and behaviours



Purpose

- Your big picture - an internal vision of what you'd like to achieve
- No matter where you're seated

Values in 4-steps

PERSONAL VALUES EXERCISE

Step 1: Select words that resonate with you.

Abundance
Acceptance
Accountability
Accuracy
Achievement
Acknowledgement
Action
Adaptability
Adventure
Affection
Affluence
Aggressiveness
Agility
Alertness
Altruism
Ambition
Amusement
Anticipation
Appreciation
Approachability
Assertiveness
Assurance
Attentiveness
Attractiveness
Audacity
Authenticity
Authority
Awareness
Awe

Balance
Beauty
Being
Being the best
Belief
Belonging
Benevolence
Bliss
Boldness
Bravery
Brilliance
Buoyancy
Calmness
Camaraderie
Candour
Capability
Care
Carefulness
Celebrity
Certainty
Challenge
Charity
Charm
Chastity
Cheerfulness
Children
Clarity
Cleanliness
Clear mindedness

Closeness
Comfort
Commitment
Compassion
Competition
Completion
Composure
Concentration
Confidence
Conformity
Congruency
Connection
Consciousness
Consistency
Contentment
Continuity
Contribution
Control
Conviction
Conviviality
Coolness
Cooperation
Cordiality
Correctness
Courage
Courtesy
Craftiness
Creativity
Credibility

Values in 4-steps

PERSONAL VALUES EXERCISE

Culture
Cunning
Curiosity
Daring
Decisiveness
Decorum
Delight
Dependability
Depth
Desire
Determination
Devotion
Devoutness
Dexterity
difference
Dignity
Diligence
Direction
Directness
Discipline
Discovery
Discretion
Diversity
Doing
Dominance
Dreaming
Drive
Duty
Dynamism

Eagerness
Economy
Ecstasy
Education
Effectiveness
Efficiency
Elegance
Emotional
Empathy
Encouragement
Endurance
Energy
Enjoyment
Entertainment
Enthusiasm
Environment
Excellence
Excitement
Exhilaration
Expectancy
Expediency
Experience
Expertise
Exploration
Expressiveness
Extravagance
Exuberance
Fairness
Faith

Fame
Fascination
Fashion
Fearlessness
Ferocity
Fidelity
Fierceness
Firmness
Fitness
Flexibility
Fluency
Focus
Forgiveness
Fortitude
Frankness
Freedom
Friendship
Frugality
Fun
Gallantry
Generosity
Gentility
Giving
Grace
Gratitude
Gregariousness
Growth
Guidance
Hands On

Values in 4-steps

PERSONAL VALUES EXERCISE

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Values in 4-steps

PERSONAL VALUES EXERCISE

Harmony
Health
Heart
Helpfulness
Heroism
Holiness
Honesty
Honour
Hope
Hospitality
Humility
Humour
Hygiene
Imagination
Impact
Impartiality
Independence
Industry
Ingenuity
Inquisitiveness
Insightfulness
Inspiration
Integrity
Intelligence
Intensity
Intimacy
Intuition
Inventiveness
Investing
Joy
Judiciousness
Justice
Keeness
Kindness

Knowledge
Leadership
Learning
Liberty
Listening
Liveliness
Logic
Love
Loving
Loyalty
Majesty
Mastery
Maturity
Meekness
Mellowness
Meticulousness
Mindfulness
Modesty
Money
Motivation
Mystery
Neatness
Nerve
Obedience
Oneness
Open-mindedness
Openness
Optimism
Order
Organization
Originality
Outlandishness
Passion
Peace

Perceptiveness
Perfection
Perkinsness
Perseverance
Persistence
Personal Growth
Persuasiveness
Philanthropy
Playfulness
Pleasure
Poise
Polish
Politeness
Popularity
Potency
Power
Practicality
Pragmatism
Power
Practicality
Pragmatism
Precision
Preparedness
Presence
Privacy
Proactive
Professionalism
Prosperity
Prudence
Punctuality
Purity
Realism
Reason
Recognition



Values in 4-steps

PERSONAL VALUES EXERCISE

Recreation
Refinement
Reflection
Relaxation
Reliability
Reliance
Religiousness
Resilience
Resolution
Resolve
Resourceful
Respect
Rest
Restraint
Reverence
Richness
Rigor
Sacredness
Sacrifice
Saintliness
Satisfaction
Security
Self
Selflessness
Sensitivity
Sensuality
Serenity
Service
Sexuality
Sharing
Shrewdness
Significance
Silence
Silliness

Simplicity
Sincerity
Skilfulness
Solidarity
Solitude
Soundness
Speed
Spirit
Spirituality
Spontaneity
Stability
Stealth
Stillness
Strength
Structure
Success
Support
Supremacy
Surprise
Sympathy
Synergy
Teamwork
Temperance
Thankfulness
Thoroughness
Thrift
Tidiness
Timeliness
Traditionalism
Tranquillity
Transcendence
Trust
Trustworthiness
Truth

Uncertainty
Understanding
Unflappability
Uniqueness
Unity
Usefulness
Utility
Valour
Variety
Victory
Vigour
Virtue
Vision
Vitality
Vivacity
Warmth
Watchfulness
Wealth
Wilfulness
Willingness
Win / Win
Winning
Wisdom
Wittiness
Wonder
Worth
Youthfulness
Zeal

Values in 4-steps

PERSONAL VALUES EXERCISE

Step 2: Do you have more than 10 words? If you do, narrow it down to the 10 that resonate the most.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Step 3: Pick your top five and rank them from one to five.

1.
2.
3.
4.
5.

PERSONAL VALUES EXERCISE

Step 4: Consider what exactly these words mean to you. Write a sentence that defines what the value means to you.

[illegible]

Book a complimentary. 30 minute career clarity call

You're invited to join us at Leaders Lobby Perth

**Network, learn & connect with
like-minded leaders**

To keep up to date with Leaders Lobby Perth events
[join our Meetup community using this link.](#)



TESTIMONIALS



I would highly recommend Liz. Stepping up into an executive role, Liz's coaching has been an enormous support through what was a fantastic opportunity for growth and often challenging.

Your authenticity and commitment to your clients is truly above and beyond. If you aren't sure about coaching and what it could do for you, give it a go.

Thanks again Liz for all the energy, nudging and sage reflective questions over the past 6 months. You have equipped me to better know myself and what's important to me as a leader.

— Susan



I recently engaged Liz for coaching when embarking on a recent career change.

The coaching sessions allowed me the time to reflect, assess and plan the next steps toward my goal. It gave me the opportunity to sense check my goal and monitor progress at each subsequent coaching session. The sessions ensured that I remained accountable and committed to the actions agreed upon. Liz was organised, knowledgeable and supportive in all our sessions.

If you are looking for strategies to get to your next personal or professional goal don't look any further than engaging Liz to get you there.

— Susanna