

The Road to Champagne

Chapter 7 Actions: Stick to Your Values



□ Get clarity on your core values and secondary values:

- Explore assessment alternatives, or
- Use the values list below and circle the ones that resonate (circle twice your core values) if you haven't done so. List is from www.mindtools.com⁽¹⁾:

Accountability	Diligence	Honesty	Results-oriented
Accuracy	Discipline	Honor	Rigor
Achievement	Discretion	Humility	Security
Adventurousness	Diversity	Independence	Self-actualization
Altruism	Dynamism	Ingenuity	Self-control
Ambition	Economy	Inner Harmony	Selflessness
Assertiveness	Effectiveness	Inquisitiveness	Self-reliance
Balance	Efficiency	Insightfulness	Sensitivity
Being the best	Elegance	Intelligence	Serenity
Belonging	Empathy	Intellectual Status	Service
Boldness	Enjoyment	Intuition	Shrewdness
Calmness	Enthusiasm	Joy	Simplicity
Carefulness	Equality	Justice	Soundness
Challenge	Excellence	Leadership	Speed
Cheerfulness	Excitement	Legacy	Spontaneity
Clear-mindedness	Expertise	Love	Stability
Commitment	Exploration	Loyalty	Strategic
Community	Expressiveness	Making a difference	Strength
Compassion	Fairness	Mastery	Structure
Competitiveness	Faith	Merit	Success
Consistency	Family	Obedience	Support
Contentment	Fidelity	Openness	Teamwork
Continuous	Fitness	Order	Temperance
Improvement	Fluency	Originality	Thankfulness
Contribution	Focus	Patriotism	Thoroughness
Control	Freedom	Perfection	Thoughtfulness
Cooperation	Fun	Piety	Timeliness
Correctness	Generosity	Positivity	Tolerance
Courtesy	Goodness	Practicality	Traditionalism
Creativity	Grace	Preparedness	Trustworthiness
Curiosity	Growth	Professionalism	Truth-seeking
Decisiveness	Happiness	Prudence	Understanding
Democracy	Hard Work	Quality-orientation	Uniqueness
Dependability	Health	Reliability	Unity
Determination	Helping Society	Resourcefulness	Usefulness
Devoutness	Holiness	Restraint	Vision
			Vitality

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- Look for proof. Think of ways you have let your values guide your steps.

- Think about any necessary changes you should consider, given your value set.

- Are there things you need to do more of?

- _____
- _____
- _____
- _____
- _____

- Are there things you need to do less of?

- _____
- _____
- _____
- _____
- _____