EXERCISE 2: Know Your Core Values

Purpose: To understand your identity and how you define yourself. Your identity and what you believe affects what you do—and don't do—in the workplace, and are therefore important in how you teach and lead. This exercise asks you to consider which values are most important to you and how you live them in your work.

Guiding Tips:

- This is not an exhaustive list of core values. Add any values you'd like. Many lists of core values can be found on the internet.

- You might think of different answers for different contexts (personal situations rather than work; a prior workplace rather than current). That's okay. Focus on your current work situation and be aware of differences based on context.

Directions: Determine which values are most important to you. Look at the list and choose your top ten values. In a second round, review your list and narrow it to your top five values. Once you have your top five values, write about how you demonstrate these values in your actions at work.

BLIND SPOT

In this video Jennifer describes a moment when she discovered something important about her identity that was a blind spot for her.

https://bit.ly/39kEyQU

CORE VALUES

Authenticity	Citizenship	Fame	Knowledge	Pleasure	Service
Achievement	Community	Friendships	Leadership	Poise	Spirituality
Adventure	Competency	Fun	Learning	Popularity	Stability
Authority	Contribution	Happiness	Love	Recognition	Success
Autonomy	Creativity	Honesty	Loyalty	Religion	Status
Balance	Growth	Humor	Meaningful	Reputation	Trustworthiness
Beauty	Curiosity	Influence	Work	Respect	Wealth
Boldness	Determination	Inner Harmony	Openness	Responsibility	Wisdom
Compassion	Fairness	Justice	Optimism	Security	
Challenge	Faith	Kindness	Peace	Self-Respect	

_____

_____

_____

_____

_____

_____

Post-Exercise Reflection:

- How do you think your top five values affect your individual work and your work on teams?

- How might working with others who prioritize different values lead to policy challenges or conflicts? In schools, for example, there may be different views about what and how students should learn, or rules, or how social-emotional learning works alongside academic content.