

VALUES ARE

A DEEPER DIVE INTO THE THIRD PART OF THE BROAD-VIEW TRIAD
ADAPTED IN PART FROM: COACHING QUESTIONS, T. STOLTZFUS PG. 56-57

VALUES | THE **PAVERS ON THE PATH** YOU'RE WALKING. THESE **BLOCKS** SHAPE WHO YOU ARE AND SUPPORT YOUR MISSION AS YOU GO BE. THESE **UNIQUE QUALITIES** AND **DEFINITIVE CHARACTER TRAITS** GUIDE YOUR DECISION-MAKING, AS WELL AS, FOSTER PERSONAL, FAMILIAL, AND TEAM-BASED ACCOUNTABILITY.

Q. WHAT QUALITIES / CHARACTER TRAITS ARE FOUNDATIONAL TO YOUR LIFE MISSION? TO YOUR ORGANIZATION? YOUR TEAM, BAND OR STAFF?

Values are often so deeply rooted that we aren't aware of their impact on our actions, decisions, ideas, and beliefs. Knowing our core values and stating them in simple terms helps to foster healthy growth.

In the next section, spend some time discovering what your lived, unique, and passionate values are. Do your own homework as well. Research your like-minded teams, organizations, and men and women you admire. And then begin shaping your own narrow list of clear and concise values.

VALUES ARE...

LIVED /

- Q. How do your values show up practically in life right now?**
- Q. What trait, belief or philosophy impacts your decisions?**
- Q. What values have guided you in the past? Did you follow them? Were / are they holistically healthy?**
- Q. What fresh or ancient insights impact your values today?**
- Q. Where do you invest the best of your time, money and energy?**

UNIQUE /

- Q. How can you transform a value from a generic word / phrase to one that is unique to you, your team and your unique mission?**
- Q. If your friends, partners, family read these values would they know it was you? How could you be more specific?**

PASSIONATE /

- Q. What do you care most deeply about?**
- Q. Which values on your list would you be most willing to give up?**
- Q. Which values would you be most willing to sacrifice to keep?**
- Q. What keeps you on track through difficult decisions?**
- Q. What motivates you to go the extra mile?**

ENGAGE...

NARROW TO A GUIDING HANDFUL //

Five to Seven values for your life, family or team is the sweet spot for practical use and memorization. Begin by writing down as many as possible. Want parameters? Use a Wheel of Life to help with areas of focus (find examples online). Either alone, with a spouse, or with a small team, narrow these down to a concise group, each between one word and one sentence long. Finally, write one example behavior and one possible outcome for each value in action.

A large, empty rectangular box with a thin black border, intended for the user to write down their values and examples as instructed in the text above.