

VIDEO 3 WORKSHEET

VALUES IN ACTION

Based on Brené Brown's values list, pick two to six values that genuinely resonate with you, not the ones that sound good on a coaching CV. Mark them on the list below, or write your own at the end.

BRENÉ BROWN'S VALUES LIST

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Diversity | <input type="checkbox"/> Initiative | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Integrity | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Activism | <input type="checkbox"/> Environment | <input type="checkbox"/> Intuition | <input type="checkbox"/> Risk-taking |
| <input type="checkbox"/> Adaptability | <input type="checkbox"/> Equality | <input type="checkbox"/> Job security | <input type="checkbox"/> Security |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Ethics | <input type="checkbox"/> Joy | <input type="checkbox"/> Self-discipline |
| <input type="checkbox"/> Altruism | <input type="checkbox"/> Excellence | <input type="checkbox"/> Justice | <input type="checkbox"/> Self-expression |
| <input type="checkbox"/> Ambition | <input type="checkbox"/> Fairness | <input type="checkbox"/> Kindness | <input type="checkbox"/> Self-respect |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Faith | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Serenity |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Family | <input type="checkbox"/> Leadership | <input type="checkbox"/> Service |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Financial stability | <input type="checkbox"/> Learning | <input type="checkbox"/> Simplicity |
| <input type="checkbox"/> Being the best | <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Legacy | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Being a good sport | <input type="checkbox"/> Freedom | <input type="checkbox"/> Leisure | <input type="checkbox"/> Stewardship |
| <input type="checkbox"/> Belonging | <input type="checkbox"/> Friendship | <input type="checkbox"/> Love | <input type="checkbox"/> Success |
| <input type="checkbox"/> Career | <input type="checkbox"/> Fun | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Future generations | <input type="checkbox"/> Making a difference | <input type="checkbox"/> Thrift |
| <input type="checkbox"/> Co-creation | <input type="checkbox"/> Generosity | <input type="checkbox"/> Nature | <input type="checkbox"/> Time |
| <input type="checkbox"/> Collaboration | <input type="checkbox"/> Giving back | <input type="checkbox"/> Openness | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Grace | <input type="checkbox"/> Optimism | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Community | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Order | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Growth | <input type="checkbox"/> Parenting | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Competence | <input type="checkbox"/> Harmony | <input type="checkbox"/> Patience | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Health | <input type="checkbox"/> Patriotism | <input type="checkbox"/> Uniqueness |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Heritage | <input type="checkbox"/> Peace | <input type="checkbox"/> Usefulness |
| <input type="checkbox"/> Contentment | <input type="checkbox"/> Home | <input type="checkbox"/> Perseverance | <input type="checkbox"/> Vision |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Honesty | <input type="checkbox"/> Personal fulfillment | <input type="checkbox"/> Vulnerability |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Hope | <input type="checkbox"/> Power | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Humility | <input type="checkbox"/> Pride | <input type="checkbox"/> Wellbeing |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Humor | <input type="checkbox"/> Recognition | <input type="checkbox"/> Wholeheartedness |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> Inclusion | <input type="checkbox"/> Reliability | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Dignity | <input type="checkbox"/> Independence | <input type="checkbox"/> Resourcefulness | |

Write your own: _____

THE QUESTION**Am I about to respond from one of my values, or from something else?**

Ask this before any stressful situation over the next few weeks.

TWO-WEEK REFLECTION

What did you notice? Where did the values hold, and where did they slip?
