

Putting Your Core Values into Action

Step 1: Get Inside Yourself

Look at the values below, and select 10 or so that resonate for you. Pick ones that feel important to you now – not a wish, a want or a should. Be willing to tell the truth about what you actually value or love to do with your time. Some of these will come to you easily and quickly, others will require more thoughts. Be willing to try on some words that feel interesting, intriguing or challenging. Feel free to add words if they are not present.

- | | | |
|--|---------------------------------------|--|
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Family | <input type="checkbox"/> Pride |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Fun | <input type="checkbox"/> Professionalism |
| <input type="checkbox"/> Autonomy | <input type="checkbox"/> Helping | <input type="checkbox"/> Providing |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Holiness | <input type="checkbox"/> Recognition |
| <input type="checkbox"/> Bliss | <input type="checkbox"/> Impact | <input type="checkbox"/> Relating with God |
| <input type="checkbox"/> Building | <input type="checkbox"/> Improvement | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Cleanliness | <input type="checkbox"/> Independence | <input type="checkbox"/> Religion |
| <input type="checkbox"/> Collaboration | <input type="checkbox"/> Influence | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Community | <input type="checkbox"/> Innovation | <input type="checkbox"/> Reward |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Inspiring | <input type="checkbox"/> Risk |
| <input type="checkbox"/> Connecting | <input type="checkbox"/> Integrity | <input type="checkbox"/> Security |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Intelligence | <input type="checkbox"/> Serving |
| <input type="checkbox"/> Courtesy | <input type="checkbox"/> Inventing | <input type="checkbox"/> Sharing |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Leading | <input type="checkbox"/> Speed |
| <input type="checkbox"/> Devoting | <input type="checkbox"/> Learning | <input type="checkbox"/> Supporting |
| <input type="checkbox"/> Elegance | <input type="checkbox"/> Mastery | <input type="checkbox"/> Teaching |
| <input type="checkbox"/> Emoting | <input type="checkbox"/> Money | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Encouraging | <input type="checkbox"/> Observance | <input type="checkbox"/> Tenderness |
| <input type="checkbox"/> Excellence | <input type="checkbox"/> Perfection | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Experimentation | <input type="checkbox"/> Planning | <input type="checkbox"/> Winning |

Step 2: Get Specific

Narrow your list to five by comparing each of your 10 values with each of the others and asking yourself, “which one of these *really* drives me?”

Step 3: Get Honest

Now that you have your list of five, think about a time when you were acting in alignment with each of those values. How were you behaving? What were you thinking? How did it feel? Be as specific as possible.

Then think about a time when you were acting against your values, or you were confronted with someone who was “bumping up against” your values. How were you behaving, What were you thinking? How did it feel? Again, be as specific as possible.

Finally, reflect on your current situation in work and life. What values are you actively honoring on a regular basis? Which ones are getting ignored, pushed aside, or starved for attention?

Step 4: Get Busy

For each value that isn't getting the care it deserves, choose one action you can take or decision you will make in the next 30 days to better feed your needs. Write each one down, and create small, manageable steps to get there. Better yet, invite someone you trust to help you stay accountable to yourself.

Step 5: Get Connected

What have you realized? What value are you working on? I'd welcome the chance to be a part of your process. Please email me at headcoach@myjewishcoach.com.