

## Week 3

## Clarify Your Values



1/19/26

### Why it Matters:

Leadership values act as your anchor. When decisions are hard, emotions are high, or pressure is real, your values help you stay grounded, consistent, and aligned.

### This Week's 1% Better Practice:

Identify your top three to five leadership values. Write them down somewhere you will see them regularly.

### Applying It:

#### Identifying Your Values:

When I think about the kind of leader I want to be, what words or phrases come up? \_\_\_\_\_

Think about a time when you felt proud of how you led. What values were you honoring in that moment? \_\_\_\_\_

Think about a time when leadership frustrated or disappointed you (either your own leadership or someone else's). What values felt absent or compromised? \_\_\_\_\_

Review your answers above and look for patterns. List 5-8 Leadership Values that consistently show up for you: \_\_\_\_\_

***Now circle the top 3 values that feel non-negotiable to you as a leader.***

#### Alignment Check:

Where in my current role or leadership responsibilities do I feel most aligned with my values? \_\_\_\_\_

Where do I feel tension or misalignment? \_\_\_\_\_

What is one small adjustment I can make this week to lead more consistently with my values? \_\_\_\_\_

