**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Red ID\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Exercise 2:** Values Clarification

**STEP 1:**

Using the list of values, choose one or two values—the beliefs that are most important to you, that help you find your way in the dark, that fill you with a feeling of purpose.

**When selecting your values, ask yourself the following questions:**

***•*** Does this define me?  
***•*** Is this who I am at my best?  
***•*** Is this a filter that I use to make hard decisions?

Value 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Value 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**STEP 2:** Taking Values from BS to Behavior

Answer the following questions to dig into your values.

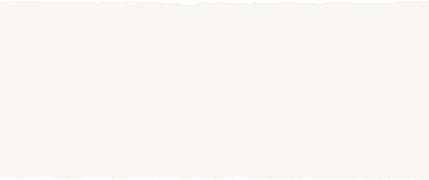
Value #1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***01.*** What are three behaviors that support your value?  
***02.*** What are three slippery behaviors that are outside your value?

Value #2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

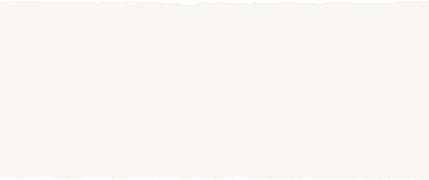
***01.*** What are three behaviors that support your value?  
***02.*** What are three slippery behaviors that are outside your value?

What can you do as an act of self-compassion to support yourself in the hard work of living into your values?



What are the early warning indicators or signs that you’re living outside your values?

*For example, in Dare to Lead we discuss the four P’s: pretending, performing, pleasing, and perfecting.*



What does it feel like when you’re living into your values?

How does living into your two key values shape the way you give and receive feedback?