CORE VALUES WORKSHEET

VIRTUS
Transforming you and your company

Select and circle 20-25 words from the list below that best represent your core values. You can also write in any values that are missing from this list.

CORE VALUES LIST

Achievement
Leadership
Advancement/ Promotion
Loyalty
Adventure
Market Position
Challenging Problems
Meaningful Work
Change and Variety
Money
Clear Communication
Nature
Close Relationships
Open and Honest
Cooperation
Order
Community
Influencing Others

Pleasure
Creativity
Power and Authority
Customer Service
Privacy
Decisiveness
Public Service
Democracy
Persistence
Self-Motivation
Knowledge
Humor
Economic Security
Quality Relationships
Effectiveness
Recognition
Ethical Practice
Wisdom
Work Under Pressure

Integrity
Work with Others
Involvement
Working Alone
Expertise
Stability
Security
Excellence
Self-Respect
Excitement
Serenity
Physical Challenge
Competition
Financial Gain
Personal Development
Competence
Independence
Status
Freedom

Supervising Others
Friendships
Teamwork
Growth
Time Freedom
Helping Society
Truth
Honesty
Wealth

Narrow your selection above, by grouping like values together into 5 groups and writing them in the spaces below. Group together values that have a similar meaning to you, that you feel fit easily together.

Choose one of the values included in the group, or a word that you feel best encompasses the meaning of the entire group, to be the group's name. These are your Top 5 Core Values.

1.
2.
3.
4.
5.

Self as Leader

Adapted from Marilyn Ferguson-Wolf, MA, RD, CD

Write down your first thoughts, quickly, your true unfiltered thoughts. There is no right or wrong answer, only your answers. Take about 5 to 10 minutes; answer only one or two questions come back later to spend more time reflecting.

Think back through your career or life; locate a moment that was a high point for you as a leader. This moment could have been in working with an individual client, when you were empowered to be a nutrition leader, or when you were in a community setting as a leader or in your work place; a time when you were fully engaged as a leader. Once you have located this high point, describe how you felt and what made the situation possible. What were the core values or qualities that allowed you to lead?

Without being humble, describe what you value most about yourself and your work.

When you are fully engaged as a leader, what strengths do you use? List three to five:

1.
2.
3.
4.
5.

If your best ally described your leadership style, your strengths, what would they say?

Who inspires you as a leader?

Personal Vision Statement

Think about where you are now. Where do you want to be in 10 years?

Think about the profession as a whole. Where are we and where are we going?

With the changing landscape of health care and what you know about it how confident are you that you will have a job in the next 30 years?

What motivates you? What is your wildest dream job?

Think about the following questions:
Remember: **Mission** is the purpose for organization's existence and **Vision** is what the organization/person would like to become.

In 1 year I want to be…

My #1 skill set is…

My guiding mission of myself as a professional is…

My guiding vision of my professional future is…

Resources:

Reimbursement: New Game, New Rules
Lisa Eaton Wright, MS, RDN, LDNand Lucille Beseler, MS, RD, LD, CDE March 13, 2014

The Affordable Care Act: What's In It For Me?
Lisa Eaton Wright, MS, RDN, LDN and Lucille Beseler, MS, RD, LD, CDE February 27, 2014

Reflection on Great Leaders, Leadership and Appreciation
Marilyn Ferguson-Wolf, MA, RD, CD

Developing Your Role as Leader Online Certificate of Training Program

- Module 1 Transformational Governance: Enhancing the Organization's Ability to Succeed
- Module 2 Exceptional Leadership
- Module 3 Leadership: An Appreciative Approach
- Module 4 Communicating as a Leader

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