DIY
Do It Yourself

Mapping your Values

STUDENT LIFE & LEADERSHIP
MATERIALS NEEDED

- Values Inventory Document
- Definitions Document
- Reflection Questions
- Other Personality Questions
- A separate sheet of paper
- A Music Streaming Service and/or Youtube
- Minimum 2 people (Facetime your friends!)
The LEAD Workshop series is grounded in the principles of the social Change Model of Leadership and its 7 C's (See below). In the SCM, an individual can enter the process at any point: as an individual, as part of a group, or as a member of society. Within each component, you will find values that are important to creating change. Change is the hub which the SCM revolves around.

**GROUP VALUES**
- Collaboration
- Common Purpose
- Controversy with Civility

**INDIVIDUAL VALUES**
- Consciousness of Self
- Congruence
- Commitment

**SOCIETY VALUES**
- Citizenship
THE C'S FOR THIS WORKSHOP

Consciousness of Self
Awareness of the beliefs, values, attitudes, and emotions that motivate one to take-action. This is the key to being able to develop consciousness of others.

Congruence
Thinking, feeling, and behaving with consistency, genuineness, authenticity, and honesty towards others; actions are consistent with most deeply-held beliefs and convictions; interdependent with
INSTRUCTIONS (PART 1)

1. Looking at the worksheet with all of the values on it (Page 6), narrow your list down to 25 core values in 5 minutes. Write down the saved values on a separate sheet of paper.

2. In 2 minutes with the remaining 25 values, cross out the 10 values that you can go without.

3. In 2 minutes with the remaining 15 values, cross out the last 10 values that you can go without. You should be left with 5 values at the end of it. Circle them to make them stand out and feel special.
Abundance  
Achievement  
Alignment  
Aliveness  
Ambition  
Authenticity  
Balance  
Beauty  
Boldness  
Bravery  
Clarity  
Compassion  
Community  
Connection  
Consciousness  
Consistency  
Contentment  
Contribution  
Courage  
Creativity  
Curiosity  
Devotion  
Ease  
Energy  
Enjoyment  
Enlightenment  
Excellence  
Faith  
Fitness  
Flexibility  
Flow  
Focus  
Freedom  
Fun  
Generosity  
Gratitude  
Growth  
Happiness  
Health  
Honesty  
Humor  
Impact  
Independence  
Influence  
Integrity  
Intimacy  
Intuition  
Joy  
Kindness  
Knowledge  
Leadership  
Learning  
Love  
Loyalty  
Mastery  
Meaningful Work  
Openness  
Optimism  
Peace  
Pleasure  
Recognition  
Radiance  
Reputation  
Respect  
Responsibility  
Sacred  
Security  
Self-Respect  
Service  
Solitude  
Soul  
 Spirituality  
Stability  
Strength  
Success  
Status  
Team  
Trust  
Trustworthiness  
Truth  
Unity  
Variety  
Vision  
Vitality  
Wealth  
Wisdom  
Other:
INSTRUCTIONS (PART 2)

4. From the larger values worksheet, identify the top 5 values of your parent/guardian, your best friend, a company you would like to work for, and society as a whole. Write those lists on a separate sheet of paper. Add your values to that list (See page 8 for example).

5. Answer the reflection questions (page 9). If you are by yourself, this may be a good time to call someone to check in OR Journal your answers!

6. Take 5 minutes of silence (or throw some tranquil music on) to reflect on yourself as a leader, you values, and how you plan to live more congruently

7. Visit go.unc.edu/LEADDIY to track your completion
Parent/Guardian Values


Close Friend


Company/Job


Society


What do the remaining 5 values say about you as a leader?

Was there any overlap in your values with those of your family, friends, job, or society? Is it important to have overlap (Congruence) with each area? Why or Why not?

How do you see your values playing a role in your major/career interest? If they don’t, why not?
APPLY YOUR LEARNING

Places to consider using your values

1. Linkedin Profile Summary Statement
2. During your interviews. "Tell Me About Yourself"
3. Your Tinder Profile (Why not)
4. Food for thought when joining a new group or student organization
5. Determining a side hustle
6. Creating your own personal mission statements
7. Conversations with Family
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