



Evaluating your Personal Values, your Triggers
and creating your Personal Mission Statement

Covid19
Take The Time to Pause!

What We Will Cover Today

- The importance of living in alignment with your personal values and how this can lead to **fulfilment or anxiety**
- Identifying your own **personal values** and becoming more aware of **your value triggers**
- Core values and **leadership**
- Creating your own **personal mission statement**



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Interactive Question

Have you ever taken time out to consider and understand your core values?

- Yes
 - No
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Nelson Mandela Core Values

Democracy, Equality, Freedom & Cooperation

“During my lifetime I have dedicated myself to this struggle of the African people. I have fought against white domination, and I have fought against black domination. I have cherished the ideal of a democratic and free society in which all persons live together in harmony and with equal opportunities. It is an ideal which I hope to live for and to achieve. But if needs be, it is an ideal for which I am prepared to die.”



A close-up photograph of a hand holding a vintage brass compass. The compass is open, showing a white face with black markings for degrees and cardinal directions (N, E, S, W). The hand is positioned on the left side of the frame, with the thumb and index finger visible. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall composition is clean and professional, with a white circular graphic element on the right side containing text.

Values are Your Inner Compass

Understanding exactly what is most important to you helps you better navigate your career and personal life.

Personal Core Values will:

- Guide your behaviors, decisions and actions
- Give you direction
- Guide you on your life Journey
- Keep you on track
- Help you understand your reactions
- Keep you motivated

Identify your Values



Select the six values that you find most significant to you

Accomplishment	Customer Satisfaction	Honesty	Practicality
Accountability	Decisiveness	Honor	Preservation
Acceptance	Energy	Independence	Presence
Attention	Efficiency	Innovation	Quality of work
Authenticity	Equality	Integrity	Regularity
Balance	Entrepreneurial	Intention	Resourcefulness
Calm, quietude,	Excellence	Intuition	Respect
Challenge	Fairness	Joy	Responsiveness
Change	Family	Kindness	Results orientated
Collaboration	Flexibility	Knowledge	Safety
Commitment	Freedom	Love	Satisfying others
Compassion	Friendship	Loyalty	Security
Community	Fun	Maximum Utilization	Teamwork
Contentment	Global View	Openness	Timeliness
Competence	Gratitude	Optimism	Tolerance
Control	Hard work	Patience	Trust
Continuous Improvement	Harmony	Personal Growth	Truth
Courage	Happiness	Pleasure	Unity
Creativity	Health	Positive attitude	Variety
Curiosity	Helping others	Power	Wisdom

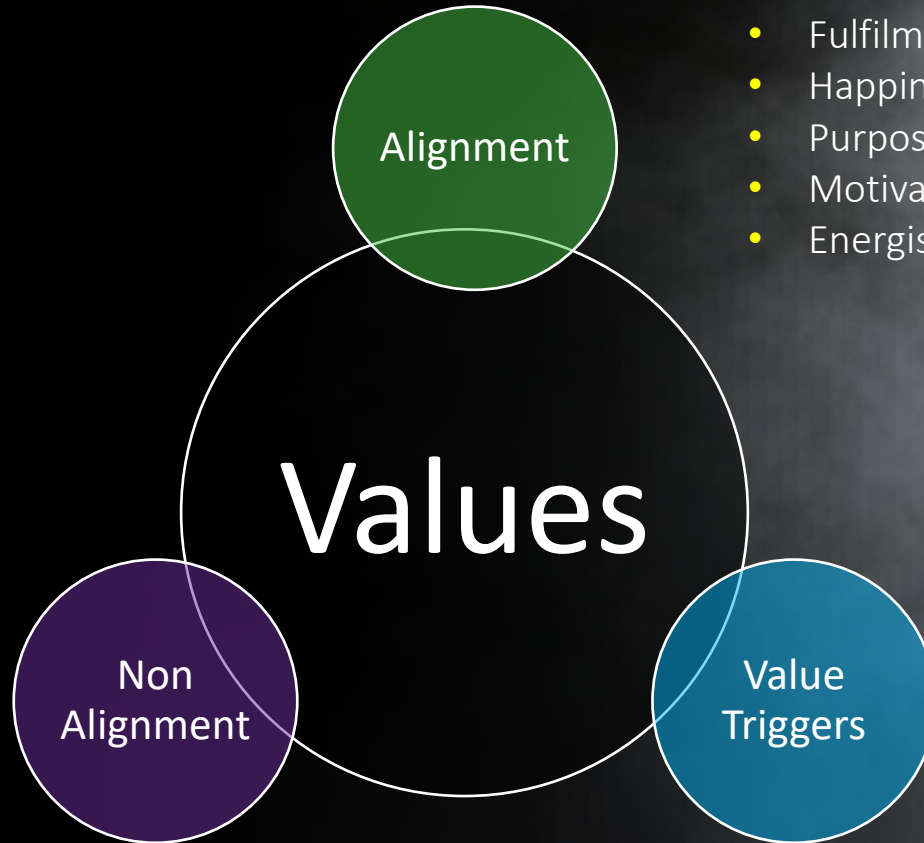
Our Aim is to Live in Alignment with our Personal Values

EXAMPLE

Accomplishment - Health - Fun
Integrity - Creativity - Respect

Non Alignment can lead to an individual feeling:

- Stress / Anxiety
- Dissatisfaction
- Internal tension
- Frustration
- Discomfort
- Unhappiness



Alignment can lead to an individual feeling:

- Fulfilment
- Happiness
- Purpose Driven
- Motivated
- Energised

Our Values being trampled on can lead to an individual:

- Speaking up / taking a stand
- Being propelled to take action
- Over reacting



Values and Authentic Leadership

Strong leaders have the ability to bring their entire self to work

As a leader it is important to be **real and relatable** which builds the trust of employees and customers. This is a **highly transparent way to work which has strong** positive effects:

- You lead with greater clarity
- You inspire people
- You gain more trust
- You gain respect
- You motivate people
- Your team has greater clarity around what you want and expect from them
- You develop stronger relationships

Creating a Personal Mission Statement

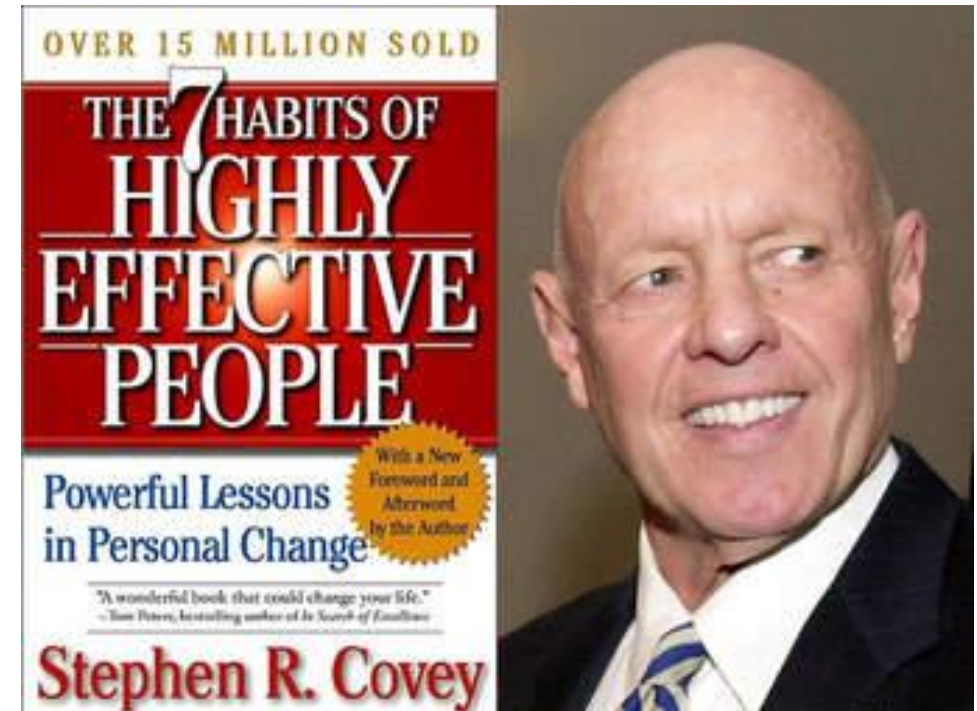
HABIT 2 – BEGIN WITH THE END IN MIND

WRITE YOUR OWN SCRIPT !

“Develop a mission statement which forces you to think through your priorities deeply, and align your behavior with your beliefs”

Define:

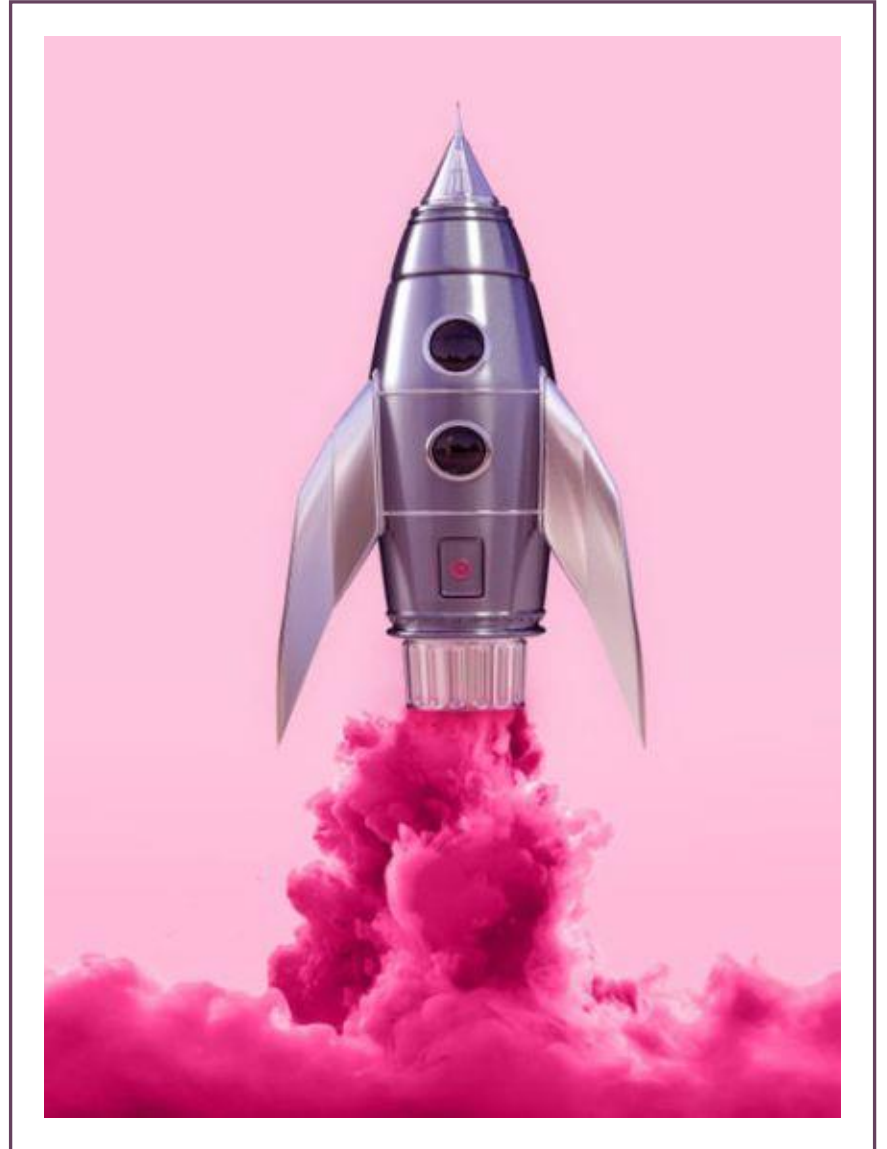
- What you want to be: Character
- What you want to do: Contributions and achievements in the different aspects of your life e.g. work, home, society
- Use your Values as your guide



Developing a Personal Mission Statement in an ongoing process of keeping your vision and values in the forefront of you mind and aligning your life to be congruent with those things that are important to you

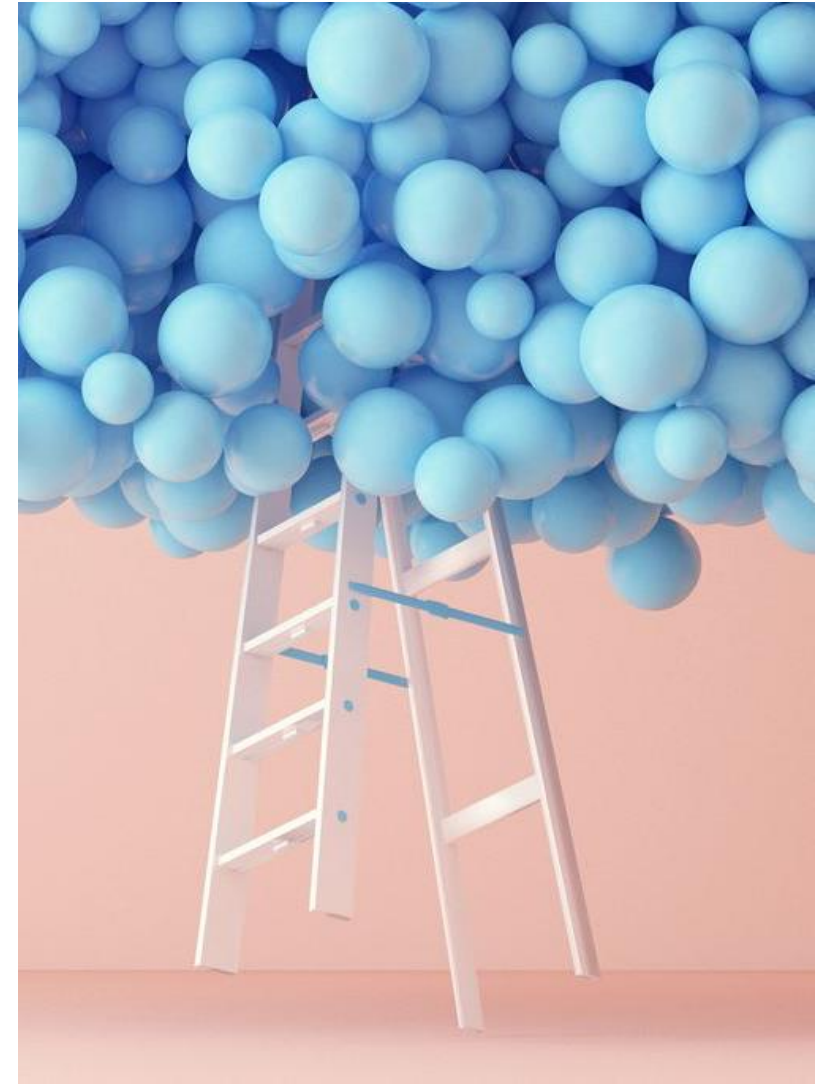
Example 1 of a Personal Mission Statement

- Success at home first
- Never compromise with honesty
- Remember the people involved
- Hear both sides before judging
- Obtain the counsel of others
- Defend those who are absent
- Be sincere yet decisive
- Listen twice as much as you speak
- Makes a difference to the lives of others
- Develop one new proficiency a year
- Hustle while you wait
- Maintain a positive attitude
- Keep a sense of humour
- Be orderly in person and in work
- Do not fear mistakes
- Facilitate the success of your team



Example 2 of Personal Mission Statement

- I will seek to balance career and family as best as I can as both are important to me
- I will be a self starting individual who exercises initiative in accomplishing my life's goals? I will act on situations and opportunities, rather than be acted upon
- My home will be a place where I am my family, friends and guests can find joy, comfort peace and happiness. I will exercise wisdom what we choose to each read, see and do at home. I especially want to teach my children to love learn and to laugh and to work and develop their unique talents.
- I value the rights, freedoms and responsibility of our democratic society. I will be an concerned and informed citizen involved in the political process to ensure my voice is heard and my vote is counted.
- I will always try to keep myself free from addictive and destructive habits. I will develop habits that free me from old labels and limits and expand my capabilities and choices
- My money will be my servant not my master. I will seek financial independence over time. My wants will be subject to my need and my means. Except for long term home and car loans , I will see to keep myself free from consumer debt. I will spend less that I earn and regularly save or invest part of my income
- I will use what money and talents I have to make life more enjoyable for others through service and charitable giving





Going Forward

- Reflect on values you have selected
 - Add to them or change them over time
 - Keep them somewhere where you can see them daily
 - Use them to help you in decision making
 - Regularly check in to see if values are out of alignment
 - Recognize value triggers and your reactions
 - Share your values with others
 - Mind the Gap - Aspiration v's actual
 - Values should be used as a guide and not a set of rigid rules
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