

The following are a series of exercises adapted from Kudo (2018) to provide reflection about individual strengths and goals.

We have also included a reference for you to consider how values may complement or compete with one another as outlined in established research (Cameron, Quinn, Degraff and Thakor, 2014).

Your Top Accomplishments

List five accomplishments that fill you with the most pride. These can be anything that have been meaningful and do not need to incorporate financial gain or formal recognition.

1.

2.

3.

4.

5.

What do you offer to others? How do you stand out from the crowd?

What do others feel that you offer to them? When do people come to you for help? What are your greatest strengths?

1.

2.

3.

4.

5.

It's Easy!

What comes easy to you without much thought – or training? List as many that come to mind.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Community Matters

What might you change about your community?

Who is your favorite role model? Why?

Whose life and accomplishments inspire you? What underlying traits or values draw you to this person?
What does this person stand for?

Supercharge your day...and streamline your life.

What parts of the week motivate and inspire you? What gives you positive energy?

1.

2.

3.

4.

5.

On the flip side, what part of your week is more difficult for you to navigate? What drains you?

1.

2.

3.

4.

5.

The Perfect Fit

What is working well for you at this point in your life? What do you find to be fulfilling, meaningful, enjoyable and important?

How does all of this fit together?

Where are you in your life? Where do you want to be in the future?

Ranking your values

Select eight (8) values that resonate with you. You can use the list that we have provided for your reference, but there are certainly more.

1.

2.

3.

4.

5.

6.

7.

8.

Refine your list

Now take your eight (8) values and rank them. Do any of them compete with each other? In what ways? For added value, consider the Competing Values Matrix created by Cameron, Quinn, Degraff, and Thakor (2014). Try grouping these values into categories including; Collaborative, Creative, Controlling and Competing. Do they fall into the short term or long-term horizon? Are they considered to be flexible, or more rigid? How do they fit within a macro or micro context?

1.

2.

3.

4.

5.

6.

7.

8.

Keep going!

Select your top four (4) values. This is a challenging task, so please consider this for a week or two. Remember, organizations who take on this project often spend months working on this as a team. Don't rush the process. This is your own personal document. Everyone is different.

1.

2.

3.

4.

Put it together

Create a statement with your selected values. Celebrate your efforts and put it out where you can refer to it on a regular basis. Remember, when you can identify your core values and what it is you really stand for, then difficult decisions will become a bit easier for you to consider.

References

Cameron, K., Quinn, R., Degraff, J. and Thakor, A., *Competing Values Leadership: Second Edition*. USA: Edward Elgar Publishing, 2014.

Kudo, A. (2018). *An Ikigai Journal. A Journey in to the Japanese Secret to Living a Long, Happy, Purpose-Filled Life*. New York: St. Martin's Press.