

The background is a black field covered in dense, shimmering gold glitter of various sizes. Three thin, horizontal gold lines are spaced evenly across the image, one above the top word, one between the two words, and one below the bottom word.

DEFINING

YOUR

VALUES

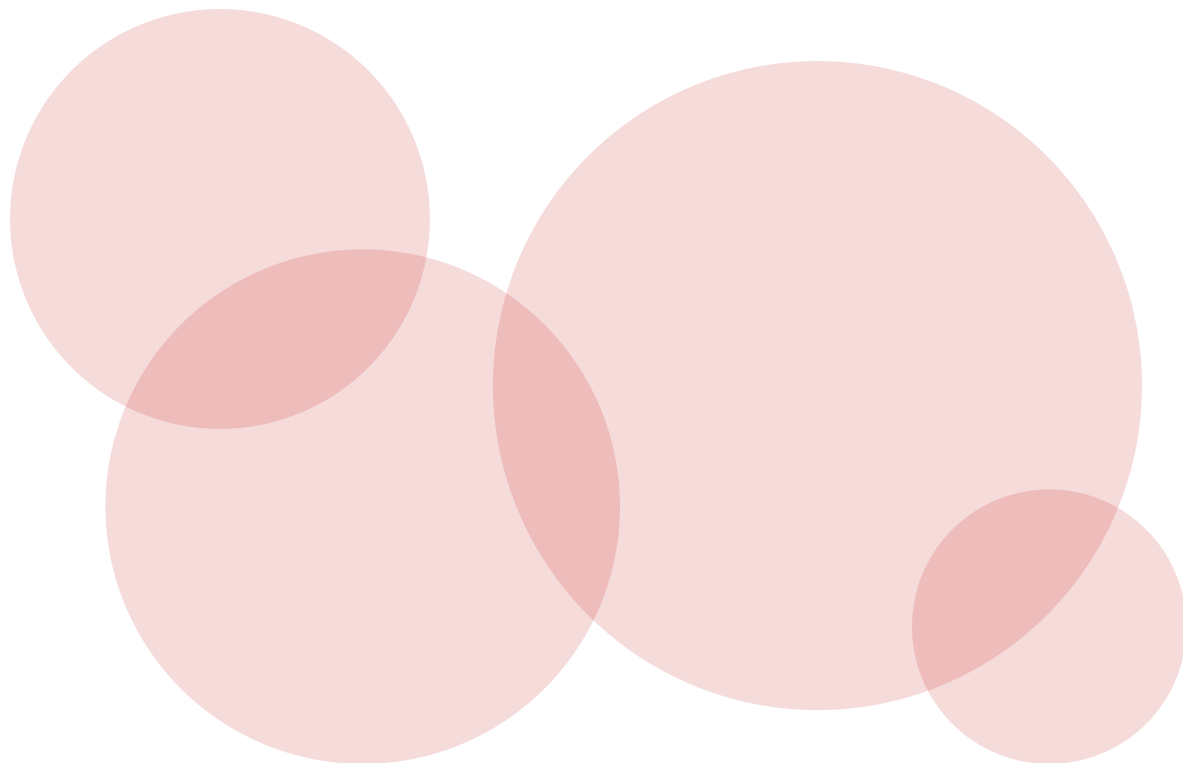
# DEFINING YOUR VALUES

I HAVE A CHALLENGE FOR YOU. ARE YOU UP FOR IT?

IT'S A PRETTY SIMPLE TASK, BUT IT MAY ROCK YOU TO YOUR CORE.  
SO BUCKLE UP, BUTTERCUP, WE ARE ABOUT TO DEFINE OUR VALUES.

## Brainstorm

WHAT COMES TO MIND WHEN YOU THINK OF VALUES?



## Definitions

I LIKE HOW THE FOLKS AT MINDTOOLS.COM PUT IT: "YOUR VALUES ARE THE THINGS THAT YOU BELIEVE ARE IMPORTANT IN THE WAY YOU LIVE AND WORK. THEY (SHOULD) DETERMINE YOUR PRIORITIES, AND, DEEP DOWN, THEY'RE PROBABLY THE MEASURES YOU USE TO TELL IF YOUR LIFE IS TURNING OUT THE WAY YOU WANT IT TO."

# DEFINING YOUR VALUES

WE NEED TO BE SURE THE VALUES WE  
GIVE A CRAP ABOUT ARE WORTHWHILE.

## Good Values

- 1 EVIDENCE-BASED
- 2 CONSTRUCTIVE
- 3 CONTROLLABLE

NONVIOLENCE  
PLANETARY  
ECOLOGY  
SUSTAINABILITY  
QUESTIONING  
INTIMACY  
RECREATION  
SELF CONFIDENCE  
BEING PRESENT

## Bad Values

- 1 EMOTION-BASED
- 2 DESTRUCTIVE
- 3 UNCONTROLLABLE

DOMINATING OTHERS  
THROUGH MANIPULATION  
FEELING GOOD ALL THE TIME  
ALWAYS BEING THE  
CENTER OF ATTENTION  
NOT BEING ALONE  
BEING LIKED BY EVERYBODY  
BEING RICH FOR THE SAKE  
OF BEING RICH  
SACRIFICING SMALL  
ANIMALS TO THE PAGAN  
GODS

VALUES ARE THE FUNDAMENTAL  
COMPONENT OF OUR PSYCHOLOGICAL  
MAKE-UP AND OUR IDENTITY.

WE ARE DEFINED BY WHAT WE CHOOSE  
TO FIND IMPORTANT IN OUR LIVES.

WE ARE DEFINED BY OUR  
PRIORITIZATIONS.

-MARK MANSON

# DEFINING YOUR VALUES

A VALUE IS A WAY OF BEING OR BELIEVING THAT WE HOLD MOST IMPORTANT.

LIVING INTO OUR VALUES MEANS THAT WE DO MORE THAN PROFESS OUR VALUES, WE PRACTICE THEM.

WE WALK OUR TALK - WE ARE CLEAR ABOUT WHAT WE BELIEVE AND HOLD IMPORTANT, AND WE TAKE CARE THAT OUR INTENTIONS, WORDS, THOUGHTS, AND BEHAVIORS ALIGN WITH THOS BELIEFS.

*- Brene Brown*

PROCESS | REFLECT | REFINE



# DEFINING YOUR VALUES

## Top Ten

1	_____	6	_____
2	_____	7	_____
3	_____	8	_____
4	_____	9	_____
5	_____	10	_____

## Top Five

1	_____
2	_____
3	_____
4	_____
5	_____

WHEN YOUR VALUES ARE CLEAR TO YOU,  
MAKING DECISIONS BECOMES EASIER.

*Roy E. Disney*





Hey, y'all! I'm

*Karli*

As the owner of Karli Sherman Productions, Karli is a professional speaker, leadership coach, and executive coach. She helps companies, campuses, and individuals to level up and grow through professional development workshops, intensive coaching, and keynote presentations. Karli believes in programming with a purpose and challenging the process to help teams and individuals work better, recruit better, communicate better, and create better human connection. While her trainings include topics like conflict management, organizational growth, membership/employee retention and satisfaction, and diversity & inclusion - her passion lies in creating better human connection through two focus areas - The Social Excellence Project and the True Colors personality typology.