Personal Development & Mastery

Handbook for Student Leaders

Vision, Mission & Strategy
Motivation & Delegation
— Personal Development & Mastery
Team Development
Recruitment
Reflection & Awareness
Transition & Succession
External Relations
Leadership Styles
Purposeful Leadership
Who are you as a leader? What are your strengths and values? What are you consciously working to improve about yourself? Who do you want to become in the future?

A strong foundation for personal development involves uncovering and reflecting on your core values. Values are deeply-held beliefs about ourselves and the world that influence all of our actions. They are like a moral compass that helps us understand our “gut feel” on what we should do in different situations.

**EXERCISE: Determining your CORE values.**

This is a powerful exercise that is best done alone in a quiet space. First, read through the list of values below, and put a star beside the ones that mean the most to you.
Now, narrow the list to your top ten values. Notice which ones are easier to cross out, and which you have a hard time crossing out.

Now, narrow the list down to your top five values. Pay attention to the dialogue in your own head: are you combining values? Do you feel guilty?

Finally, determine your top three core values.

For each of the three values, think hard about a time in the last two weeks when your actions were guided by that value. Is this easy or hard?

In addition, try to remember times when your actions didn’t match that value, and what your emotional state was like at that point.

These core values help you make tough decisions, understand your reactions to different people and conversations, and even find common ground with someone with whom you disagree.

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1 Center for Ethical Leadership: http://www.ethicalleadership.org/Self%20Guided%20Core%20Exercise.pdf
2 Roy Posner: http://gurusoftware.com/Gurunet/Personal/Topics/Values.htm