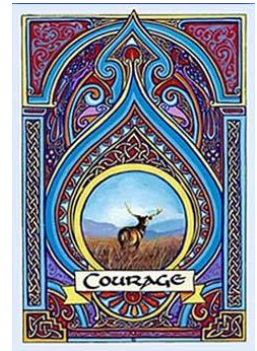




Creating Your Personal Values Statement Using the Spirit@Work® Cards

Every day we are met with life situations which call on us to think, form interpretations and opinions, make decisions and act. Everything we do, every decision we make and every course of action we take, is based on our consciously—or less consciously—held beliefs, attitudes and values. At every turn we are making choices about how to live our lives. Ideally, our choices will be determined by our values, and this requires that we are clear about what those values are and which are most dear to us.

Higher Ground Leaders live their lives using values and principles which are aligned with the CASTLE® Principles and the Primary Values of Values-centered Leadership®. Values inspire all human interaction—not goals. Our goals are best derived from our values. A life lived within a framework of sound values produces harmony, balance and serenity for the Soul—the Essential Self. Aligning our personal values more closely with the CASTLE® Principles and Primary Values of Mastery, Chemistry and Delivery and the Accelerators of Learning, Empathizing and Listening, leads to the experience of acting in alignment with, and the best interest of, the Soul. The front wheel of the Values-centered Leadership® model acts as a guide for how we may derive the alignment needed for our life journey: the Values Shifts which foster our ideals, principles, behavior, standards and morals.



Identifying Personal Values using Spirit@Work® Cards:

The [Spirit@Work® Cards](#) are contemplative cards containing 77 key words and phrases that form the core philosophy of *Higher Ground Leadership®*. Their purpose is to help you invite spirit into your work and life.

Ideally, you will find it easier to use the physical version of the Spirit@Work® Cards but you can also download the **FREE** Spirit@Work® Cards mobile app to your phone at the [Google Play Store](#) or [iTunes store](#). Just search for "Spirit@Work Cards", or you can scan one of these QR codes. After you have downloaded the mobile app, just swipe the cards to see the next one. If neither of these options is available to you, use the word list below.



While there are many ways in which the cards can be used, during this activity, think about what values are important to you in living true to who you are. Find a quiet place where you can be comfortable. Read the description on each card. Consider the meaning of the key word and reflect on its associated phrase. If there is a value that is very important to you and is not included in the Spirit@Work® Cards, feel free to add it to the words you have already chosen from the Spirit@Work® Cards.



Personal Values

Step 1: Sort the cards into three piles:

- Top 7-10 values—which are most important to me in life/work;
- Bottom 7-10 (or more) values—which are least important to me in life/work;
- All the other cards—in a middle pile.

From the Spirit@Work Cards chosen, select the 10 Personal Values that resonate the most for you and record them in order of priority (top value in box 1, least in box 10 etc.) in the columns below:

1	2	3	4	5	6	7	8	9	10
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1 Authenticity	14 Delivery	27 Harmony	40 Kaizen	53 Promise-keeping	66 Teamwork
2 Beauty	15 Destiny	28 Honesty	41 Kindness	54 Purpose	67 Transformation
3 Bliss	16 Detachment	29 Honor	42 Leadership	55 Questions	68 Trust
4 Calling	17 Effectiveness	30 Hope	43 Learning	56 Respect	69 Truthfulness
5 Cause	18 Empathy	31 Humility	44 Legacy	57 Rewards	70 Values
6 Chemistry	19 Encouragement	32 Infusion	45 Lightness	58 Sacredness	71 Vision
7 Communication	20 Equality	33 Inspiration	46 Listening	59 Sanctuary	72 Wholeness
8 Community	21 Faith	34 Integration	47 Love	60 Self-esteem	73 Win-Win
9 Congruence	22 Flow	35 Integrity	48 Mastery	61 Service	74 Wisdom
10 Consciousness	23 Forgiveness	36 Intimacy	49 Motivation	62 Silence	75 Wonder
11 Contribution	24 Freedom	37 Intuition	50 Openness	63 Soul-space	76 Yin-Yang
12 Courage	25 Gentleness	38 Joy	51 Partnership	64 Soulwork	77 The Card of Knowing
13 Creativity	26 Grace	39 Justice	52 Profit	65 Spontaneity	



My Personal Values (Part II)

Step 2: In each of the Priority Grids below, compare one Personal Value against another; circle the one that you would prioritize as higher than the other. Prioritize this list of values by asking yourself “Which value do I hold most dear?” or “Which value do I prize more?” or “If I have to let one of the pair go, which one will I keep?”

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

Step 3: Record how many times each Number (Value) was circled:

1	2	3	4	5	6	7	8	9	10
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Step 4: Record your top 3—4 Personal Values

1.	2.	3.	4.
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