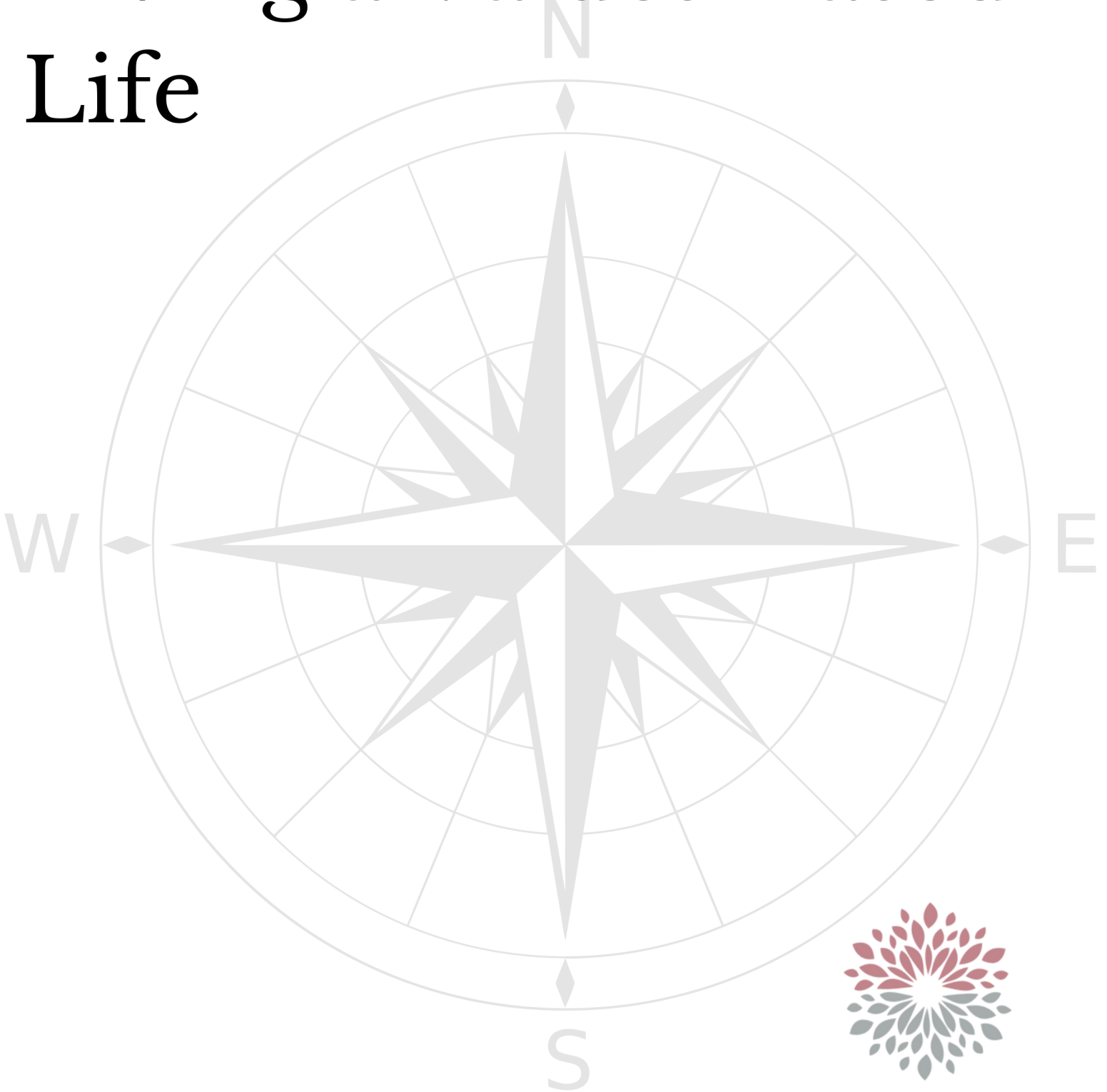


Living a Values-Based Life



HOLISTIC
LEADERSHIP ACADEMY

Welcome!

Welcome to the Holistic Leadership Academy! We are thrilled to have you embark on this journey with us as you explore the depths of holistic leadership. Your participation demonstrates your commitment to personal growth, leadership excellence, and the pursuit of a purpose-driven life.

At the core of our academy's philosophy lies the belief that effective leadership emanates from a deep understanding and alignment with one's values. The handbook you will be using, "Living a Values-Based Life," serves as a compass, guiding you towards a life rooted in authenticity, integrity, and purpose.

As you navigate through the pages of the handbook and begin exploring the Academy's learning opportunities, you will become a part of a vibrant community of like-minded individuals committed to personal and collective transformation.

Embrace the journey ahead with an open mind, a compassionate heart, and a willingness to challenge yourself. Together, let us embark on this enriching adventure towards holistic leadership and living a values-based life.

With warm regards,

Terri Allred and Lisa Allred
Founders
Holistic Leadership Academy



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The Process:

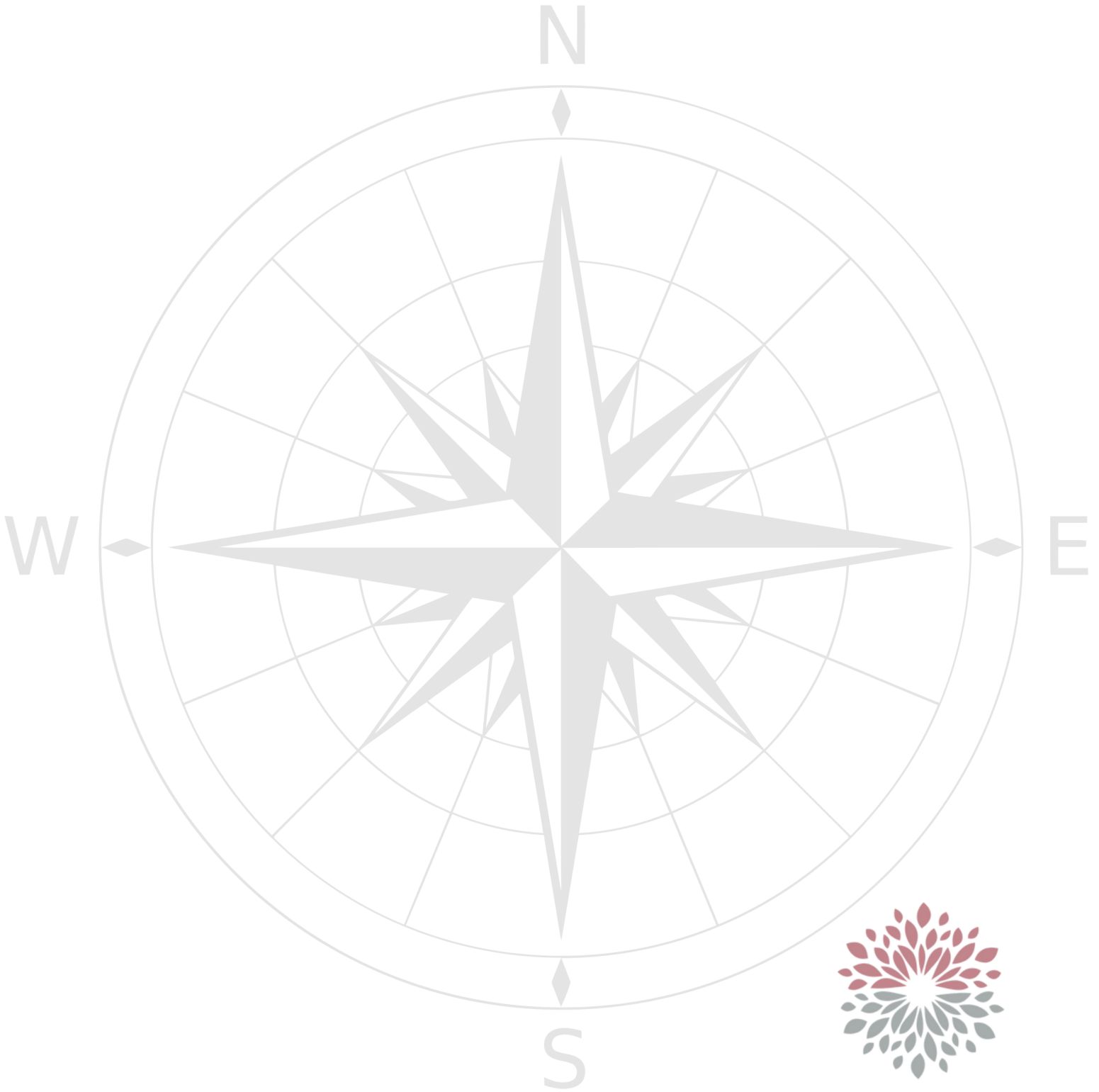
- I. Personal Reflections
- II. Brainstorming Values
- III. Operationalizing Values

"Living a Values-Based Life" guides you through a journey towards aligning your actions and decisions with your core values. You begin with personal reflection, contemplating who you most admire, when you feel most comfortable and uncomfortable, and what inspires you. These introspective exercises serve as a foundation for identifying your values and understanding the principles that drive them. You then narrow down a list of your top 15 values to a more manageable selection of 4-6 core values that deeply resonate with you.

Then you delve into the practical aspect of operationalizing these values in daily life. You are encouraged to compare where you currently spend your time and resources against your identified values. You will become aware of any misalignments between values and actions, providing a roadmap for making intentional choices that honor your values.



I. Personal Reflections



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Personal Reflection

Who do you admire?

- Can you choose 3 adjectives to describe them?
- What is a specific example of why you chose one of those adjectives?
- What behaviors or actions of theirs do you want to adopt?



Personal Reflection

When do you feel the most comfortable?

- What are you doing? Who are you with?
- How do you feel?
- Does this situation illustrate a value of yours?



Personal Reflection

When do you feel the least comfortable?

- What are you doing? Who are you with?
- How do you feel?
- Does this situation help you identify a value of yours?



Personal Reflection

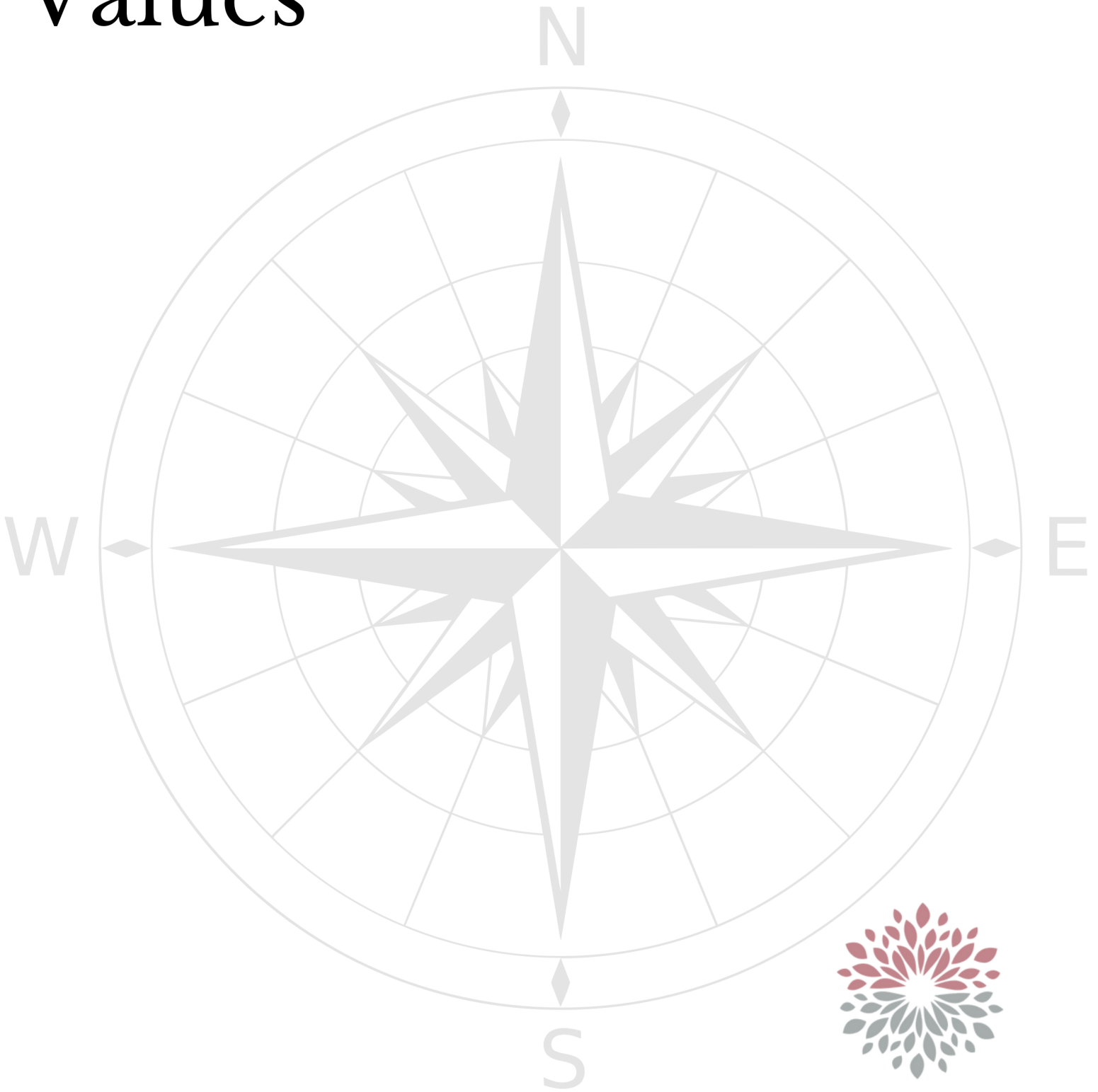
What inspires you? What are you doing when you feel most alive?

-Are there any activities where you are so pleasantly engaged that you lose time?

-What gives you energy?



II. Brainstorming Values



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Defining Values

Values are the principals or ideals we hold as important, good, desirable, or worthwhile. They are our basic and fundamental beliefs that are closely linked to our identity and they guide or motivate our attitudes and behaviors. Values are usually stated as a word or short phrase and are usually positive.

Are there any values you learned were important to you from the initial exercises?

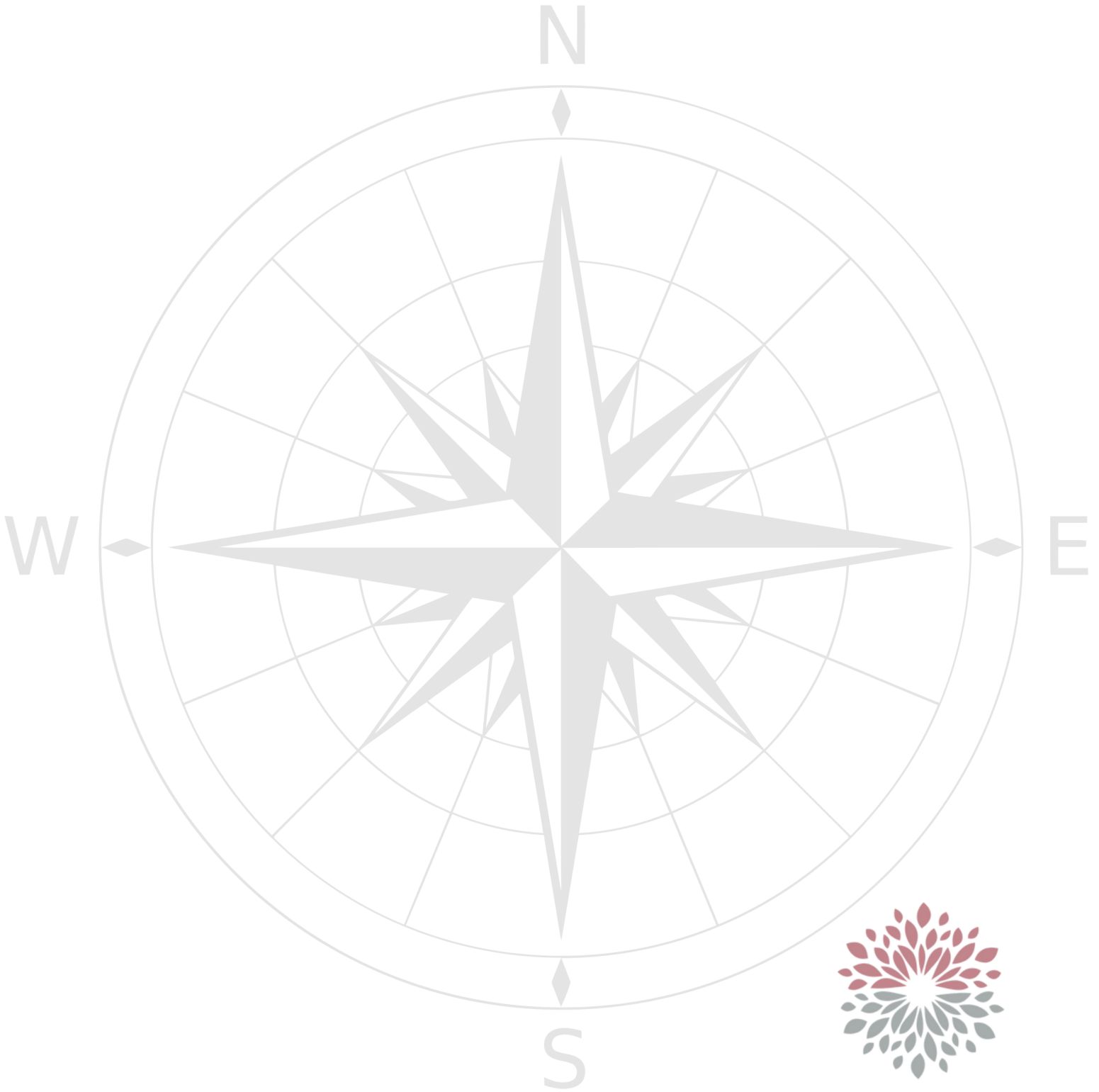


Core Values

Defining your core values can help make those tough decisions in life, no matter how big or small. It can also provide clarity on your goals and intentions. **Circle 15 values** and then choose up to six values to prioritize on the next page.

Achievement	Ethics	Justice	
Adaptability	Fairness	Kindness	Self-respect
Adventure	Faith	Knowledge	Serenity
Altruism	Family	Leadership	Service
Ambition	Financial stability	Learning	Simplicity
Authenticity	Forgiveness	Legacy	Spirituality
Balance	Freedom	Leisure	Sportsmanship
Beauty	Friendship	Love	Stewardship
Belonging	Fun	Loyalty	Success
Career	Future generations	Nature	Teamwork
Caring	Generosity	Openness	Thrift
Collaboration	Giving back	Optimism	Time
Commitment	Gratitude	Order	Tradition
Community	Growth	Parenting	Travel
Compassion	Health	Patience	Trust
Competence	Home	Peace	Truth
Confidence	Honesty	Perseverance	Understanding
Connection	Hope	Personal fulfillment	Uniqueness
Contentment	Humility	Pride	Usefulness
Contribution	Humor	Recognition	Vision
Cooperation	Inclusion	Reliability	Vulnerability
Courage	Independence	Resourcefulness	Wealth
Creativity	Initiative	Respect	Well-being
Curiosity	Integrity	Responsibility	Wholeheartedness
Diversity	Intuition	Safety	Wisdom
Equality	Job security	Self-discipline	

III. Prioritizing Values



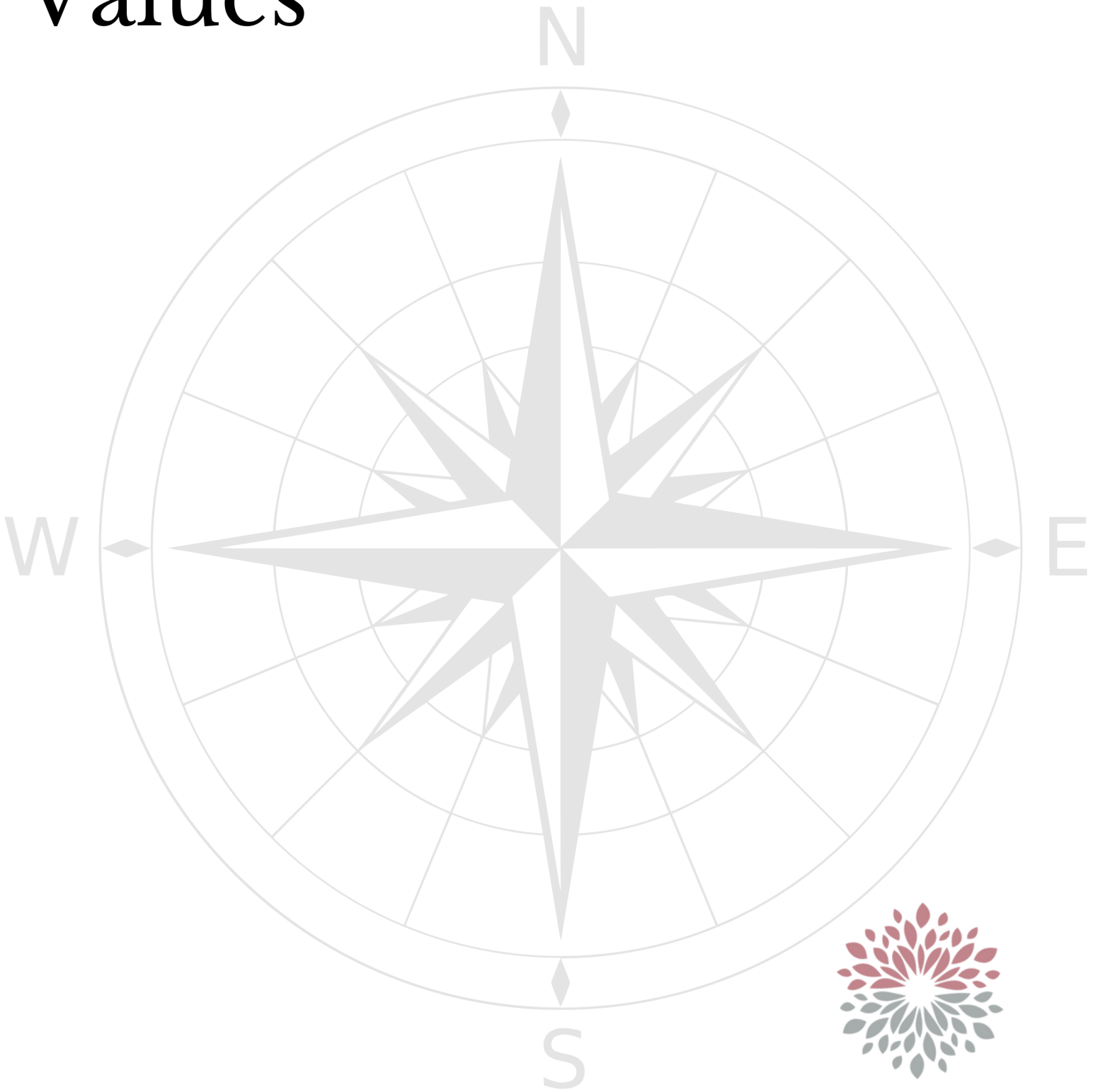
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Core Values

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III. Operationalizing Values



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Operationalizing Values

Choose one of the 6 Core Values that you identified. If someone walked into a room and saw you demonstrating that value, what would they see, i.e., how do you enact that value?

Value



Operationalizing Values

Choose one of the 6 Core Values that you identified. If someone walked into a room and saw you demonstrating that value, what would they see, i.e., how do you enact that value?

Value



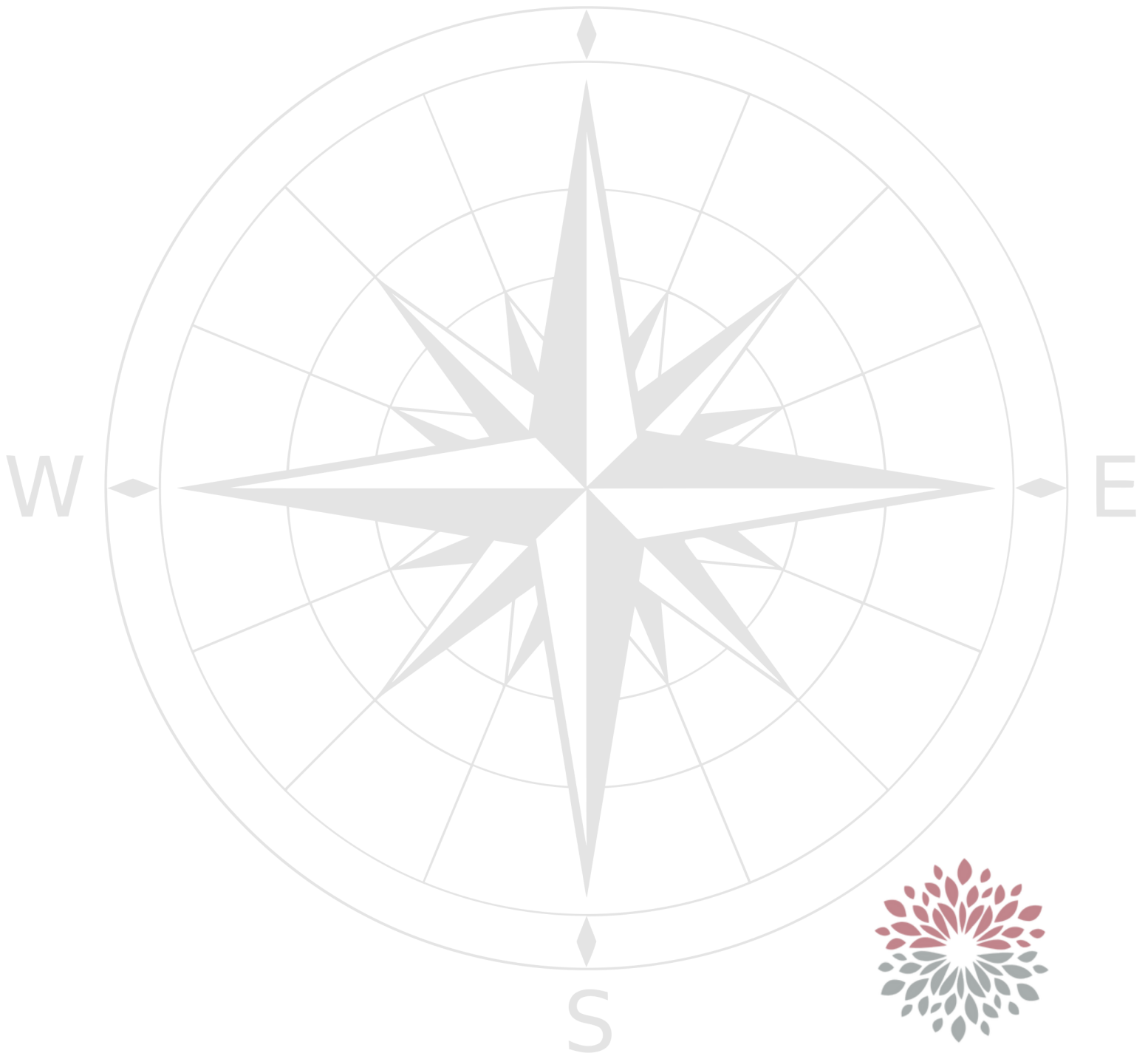
Operationalizing Values

Choose one of the 6 Core Values that you identified. If someone walked into a room and saw you demonstrating that value, what would they see, i.e., how do you enact that value?

Value



III. Using Values to Evaluate Your Time



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Using Values to Evaluate Your Time

In the LEFT column, write down a way you spend your time. In the RIGHT column, write down the number of the corresponding value. If you find that there are ways you spend your time that don't match one of your core values, can you reconsider your participation?

Values:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Way Spending Time:

Value:

--	--

--	--

--	--

Values:

- | | | |
|----|----|----|
| 1. | 2. | 3. |
| 4. | 5. | 6. |

Way Spending Time:

Value:

Action Steps

Now that you better understand how you are spending your time and whether your time allocation is in alignment with your values; we invite you to explore how you might want to re-arrange and adjust. Outline below any action steps you need to take to become in alignment. Remember, small steps can make big results!



Thank you!

We hope to see you again in a Holistic Leadership Academy class, cohort or event.

Stay in touch by joining our [Facebook community](#).

[Register](#) for an upcoming class.

Leadership through a Trauma-Informed Lens

May 21, 2024

7pm Central

Registration normally \$35

Use this link to get **20% off**-<https://square.link/u/vq8Xnkqm>

LaunchHER: Unveiling the Secrets to Workplace Success

June 5, 12, and 19; 6-8pm Central

Registration normally \$125

Use this link to get **20% off**- <https://square.link/u/izlxjl1b>

Learn more about our [Women's Leadership Cohort](#) launching Fall 2024. Schedule an [exploratory call](#) to see if the cohort experience is right for you.
(NO SALES tactics!!)

With warm regards,

Terri Allred and Lisa Allred

Founders

Holistic Leadership Academy



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