

What are values and why are they important?



What are Values?

Values are the things we hold important in the way we live and work. Generally, they determine our priorities and, whether or not we're aware of it, they are the measurement we use to determine if life or work is turning out the way we want it to.



Growth and Development

Knowing our values helps us to create the future we want to experience. The actions we take are a reflection of our values and beliefs, and they are always directed towards a specific purpose. The purpose is the satisfaction of our individual or collective (organizational) needs.



Making Values Visible

Making our values visible is helpful in leading deliberate action. When values are shared they can also build internal cohesion in a group.



Decision Making

Regularly talking about and agreeing upon team values can help inform decisions. This creates an intentional team culture and better results.



Values Discussion

The values we hold do not always align with our actions. Some values are difficult to live up to, or other priorities get in the way.

- What are your personal values?
- What are the team's values?
- How are they aligned (or not)?
- Which values do you hope to focus more on in the future? What agreements might you make to share accountability?