**Gaining footing in shifting sands: An experiential approach to identifying and actualizing values in team settings**

Drs. Lia Bishop and Mandy Rabenhorst

VA Eastern Colorado Health Care System

Objectives: In this workshop, we will help each participant:

1. Clarify a set of core professional values and create a related professional mission statement that can serve as a tangible guidepost for professional action
2. Identify an area of practice in which this mission statement can be activated to facilitate individual-level behaviors that bring more alignment between daily tasks and profession values
3. Develop a plan for incorporating the discussed activities and values within professional communities (e.g. consultation groups, interdisciplinary teams, research labs, department meetings) to enact collective action

Top 3 values:

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Mission statement:

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**Values Clarification**

Your values are the beliefs and qualities that define what is **most important** to you. They **guide** each of your **choices** in life. Understanding your values will help you **recognize** areas of your life that need more attention, guide what to **prioritize** in the future, and can **shape your behavior** in virtually any situation. Remember, there are no “right” or “wrong” values – they are simply the qualities of being that resonate most with **you**.

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| \_\_\_\_ | **Acceptance**: to be accepting of myself, others, life, etc. |  |
| \_\_\_\_ | **Adventure**: to seek, create, and engage in new experiences |  |
| \_\_\_\_ | **Ambition**: desire and determination to achieve success |  |
| \_\_\_\_ | **Assertiveness**: to stand up for myself or others |  |
| \_\_\_\_ | **Authenticity**: to be genuine, true, and credible |  |
| \_\_\_\_ | **Authority**: to be in charge of, and responsible for, others |  |
| \_\_\_\_ | **Autonomy**: to be self-determined and independent |  |
| \_\_\_\_ | **Beauty**: to appreciate beauty around me |  |
| \_\_\_\_ | **Belonging**: to feel like an important member of a group |  |
| \_\_\_\_ | **Boldness**: to willingly take risks and chances |  |
| \_\_\_\_ | **Challenge**: to take on difficult tasks and problems |  |
| \_\_\_\_ | **Change**: to experience change and variety |  |
| \_\_\_\_ | **Comfort**: to experience pleasantness |  |
| \_\_\_\_ | **Commitment**: to make enduring, meaningful commitments |  |
| \_\_\_\_ | **Compassion**: to act with kindness towards those who are suffering |  |
| \_\_\_\_ | **Confidence**: to feel certain about the abilities of yourself or others |  |
| \_\_\_\_ | **Connection**: to engage fully with other people and with what I am doing |  |
| \_\_\_\_ | **Contribution**: to help, assist, or make a positive difference for myself/others |  |
| \_\_\_\_ | **Conformity**: to respect obligations and rules |  |
| \_\_\_\_ | **Cooperation**: to work collaboratively with others |  |
| \_\_\_\_ | **Courage**: to be brave; to persist in the face of fear or threat |  |
| \_\_\_\_ | **Creativity**: to have new and original ideas |  |
| \_\_\_\_ | **Curiosity**: to be open-minded and interested; to explore and discover |  |
| \_\_\_\_ | **Dependability**: to be reliable and trustworthy |  |
| \_\_\_\_ | **Dignity**: to be worthy of honor or respect |  |
| \_\_\_\_ | **Diversity**: to have contact with different kinds of people, ideas, and behaviors regularly |  |
| \_\_\_\_ | **Excellence**: to seek to excel |  |
| \_\_\_\_ | **Excitement**: to seek and engage in stimulating activities |  |
| \_\_\_\_ | **Fairness**: to be impartial, and free of discrimination |  |
| \_\_\_\_ | **Faithfulness**: to be loyal and true in relationships |  |
| \_\_\_\_ | **Fame**: to be known and recognized |  |
| \_\_\_\_ | **Family**: to have a happy, loving family |  |
| \_\_\_\_ | **Fitness**: to be physically fit and strong |  |
| \_\_\_\_ | **Flexibility**: to adjust and adapt readily to changing circumstances |  |
| \_\_\_\_ | **Forgiveness**: to be forgiving of others |  |
| \_\_\_\_ | **Freedom**: to choose how I live and behave, or help others to do the same |  |
| \_\_\_\_ | **Friendliness**: to be friendly or agreeable to others |  |
| \_\_\_\_ | **Friendship**: to have close, supportive friends |  |
| \_\_\_\_ | **Fun**: to seek, create, and engage in fun-filled activities; to play |  |
| \_\_\_\_ | **Generosity**: to be generous, sharing, and giving |  |
| \_\_\_\_ | **Gratitude**: to be appreciative of myself, others, and my life |  |
| \_\_\_\_ | **Growth**: to keep changing and evolving |  |
| \_\_\_\_ | **Health**: to be physically well and healthy |  |
| \_\_\_\_ | **Honesty**: to be truthful and sincere with myself and others |  |
| \_\_\_\_ | **Hope**: to maintain a positive outlook |  |
| \_\_\_\_ | **Humility**: to be modest and unassuming |  |
| \_\_\_\_ | **Humor**: to see the humorous side of myself and the world |  |
| \_\_\_\_ | **Inclusion**: to provide equal access to opportunities and resources for those who might otherwise be excluded |  |
| \_\_\_\_ | **Independence**: to support myself and choose my own way of living |  |
| \_\_\_\_ | **Industry**: to work hard and well at life tasks |  |
| \_\_\_\_ | **Initiative**: to act or take charge independently |  |
| \_\_\_\_ | **Inner harmony**: to experience personal peace |  |
| \_\_\_\_ | **Integrity**: to be honest and have strong moral principles |  |
| \_\_\_\_ | **Intimacy**: to share my innermost experiences with others |  |
| \_\_\_\_ | **Joy**: to be in a state of happiness |  |
| \_\_\_\_ | **Justice**: to promote fair & just treatment for all |  |
| \_\_\_\_ | **Kindness**: to be kind to myself and others |  |
| \_\_\_\_ | **Knowledge**: to learn and contribute knowledge |  |
| \_\_\_\_ | **Leisure**: to take time to relax and enjoy |  |
| \_\_\_\_ | **Love**: to give love to and be loved by others |  |
| \_\_\_\_ | **Loyalty**: to show strong support or allegiance |  |
| \_\_\_\_ | **Mastery**: to be competent in everyday activities |  |
| \_\_\_\_ | **Mindfulness**: to live conscious and mindful of the present moment |  |
| \_\_\_\_ | **Moderation**: to avoid excesses and find a middle ground |  |
| \_\_\_\_ | **Nature**: to appreciate the physical world |  |
| \_\_\_\_ | **Non-conformity**: to question and challenge conformity and norms |  |
| \_\_\_\_ | **Nurturance**: to take care of and nurture others |  |
| \_\_\_\_ | **Openness**: to be open to new experiences, ideas, and options |  |
| \_\_\_\_ | **Optimism**: to be hopeful and confident about the future |  |
| \_\_\_\_ | **Order**: to have a life that is well-organized |  |
| \_\_\_\_ | **Passion**: to have deep feelings about ideas, activities, or people |  |
| \_\_\_\_ | **Persistence/perseverance**: to carry on in spite of problems or difficulties |  |
| \_\_\_\_ | **Pleasure**: to feel good |  |
| \_\_\_\_ | **Popularity**: to be well-liked by many people |  |
| \_\_\_\_ | **Power**: having influence or control over others |  |
| \_\_\_\_ | **Purpose**: to have meaning and direction in life |  |
| \_\_\_\_ | **Rationality**: to be guided by reason and logic |  |
| \_\_\_\_ | **Realism**: to see and act realistically and practically |  |
| \_\_\_\_ | **Respect**: to be respectful to myself and others |  |
| \_\_\_\_ | **Responsibility**: to be accountable for my actions |  |
| \_\_\_\_ | **Safety**: to be safe and secure |  |
| \_\_\_\_ | **Self-care**: to look after my health and well-being; to meet my needs |  |
| \_\_\_\_ | **Self-development**: to grow or improve in knowledge, character, or experience |  |
| \_\_\_\_ | **Self-discipline**: to be disciplined in my own actions |  |
| \_\_\_\_ | **Service**: to be of service to others |  |
| \_\_\_\_ | **Simplicity**: to live life simply, with minimal needs |  |
| \_\_\_\_ | **Skillfulness**: to practice and improve my skills, and to use them fully |  |
| \_\_\_\_ | **Solitude**: to have time and space where I can be apart from others |  |
| \_\_\_\_ | **Spirituality**: to grow and mature spiritually |  |
| \_\_\_\_ | **Stability**: to have a life that stays fairly consistent |  |
| \_\_\_\_ | **Status**: to have a strong relative standing |  |
| \_\_\_\_ | **Supportiveness**: to be helpful, encouraging, and available to others |  |
| \_\_\_\_ | **Tolerance**: to accept and respect those who are different from me |  |
| \_\_\_\_ | **Tradition**: to follow respected patterns |  |
| \_\_\_\_ | **Trust**: to be loyal, faithful, sincere, reliable |  |
| \_\_\_\_ | **Wealth**: to have plenty of money |  |