

Personal Values Statement Workbook

SUPPLIES NEEDED:

- Pen
- Paper or Laptop
- Sticky Notes or Index Cards

INTRODUCTION TO VALUES ON WORKSHOP

Values are a big part of NLP programming and a cornerstone of why it was established. 11 years ago, employers were asking for college graduates with skills to not only lead others but have a strong sense of their own personal values and guiding principles.

- Leadership Development Plans
- Impact Projects
- Columba 1400 in Scotland
- Failed Leadership Exercise as Seniors

It is our hope that you enjoy this workshop and gain a little more understanding of yourself and future goals. If you like this, it is a good indication you will like NLP.

EXERCISE #1

Ask Yourself these Questions for Initial Brainstorming and Write down your answers:

- What do you value that brought you complete this workbook?
- What do you value that brought you to TCU?
- What do you value in your friendships?
- What do you value in your relationships?
- What do you value in yourself?
- What value did your parents or guardians instill in you?
- What value do you want others to remember you by?
- How do you live out your values?

Here is a short list to help you brainstorm:

faith, love, happiness, genius, achievement, god, faith, art, creativity, athleticism, music, competition, positivity, optimism, realistic, effectiveness, cooking, animals, friendships, loyalty, truthfulness, strength, vulnerability, guidance, wisdom, humor, wit, grit, financial independence, wealth, luxury, selflessness, stillness, beauty, fitness, wholeness, health, legacy, power, fame, influence, connection, fun, flexibility, connectedness, leadership, balance, experiences

Once you have written down answers to that list, quickly find or call a roommate, friend, RA, or mentor and review those values.

- Share your list of values and tell stories of where they stem from.
- Spend 3-5 minutes sharing.
- Ask whoever you paired up with, "What value or story stood out the most to you and why?"
- Once you have shared you can continue working through exercise #2.

EXERCISE #2

Combine those stories and values into a quick list of 5-8 encompassing words. Choose your top 5 values and right them down on 5 separate Index Cards or Post-it Notes. ** you don't need to rank them.*

Grab your Top 5 and partner up with someone else: roommate, friend, RA, or mentor.

- Once you are with your new partner:
- Share your Top 5 and crumple up 2 of the values.
- Share with your partner why you crumpled those 2 away.
- Rank the last 3.
- Throw away #2 and #3.

Begin Self-Reflection: Ask Yourself these Questions (*don't need to write down)

- What about this activity stood out to you?
- Did you want to change any of your values once you began crumpling them?
- Why was that?

END STATEMENTS AND BEGIN VALUES STATEMENT PURPOSE:

Over the next few years you are going to meet classmates, peers, mentors, professors, and so many more that are in this community who will sometimes have the same values as you, and sometimes what you value isn't what someone else values.

The purpose of today was:

1. To help you meet others who value this program.
2. To help get your brain focused on what you value and begin reflecting on how your values shape your actions.

You'll be using this Value Statement on your NLP Application on the written portion. Let's look at one way you can do this.

WRITING THE PERSONAL VALUES STATEMENT

The statement below encompasses four things:

- Who you are
- What you value
- What you hope to do at TCU
- What you hope to do after college

It should only be 3 sentences or less. You do not have to use the suggested template, but your statement should cover the four things above.

I am _____ and value _____. Before graduating TCU, I strive to use these values to _____ . After graduation, I envision using these values to _____.

Here are some examples:

I am the one who people come to with their problems because I value honesty, empathy, and each person's individuality. Before graduating TCU, I strive to use these values to create small groups that grow close because they feel heard and seen by me. After graduation, I want to pursue a career in sales where I can help customers solve problems.

I am an avid sports fan and athlete who values competition, justice, and teamwork. Before graduating, I strive to use these values to elevate an organization to be known as "the best" on campus for doing good. After graduation, I envision using these values to lead my department, team, or own company in a common goal that we can all be proud of.

NLP ESSAY

In the NLP application, you will write two brief essays. Be candid and write as if you are speaking to the selection committee in person. We want to get a sense of your personality, personal viewpoint, and ability to reflect on your experience. Applications are due March 20, 2020.

NLP LEADERSHIP CASE RESPONSE

See the NLP website to choose a date/time/location to complete the Leadership Case Response prior March 20, 2020. No sign-up/RSVP required – bring your laptop with you.