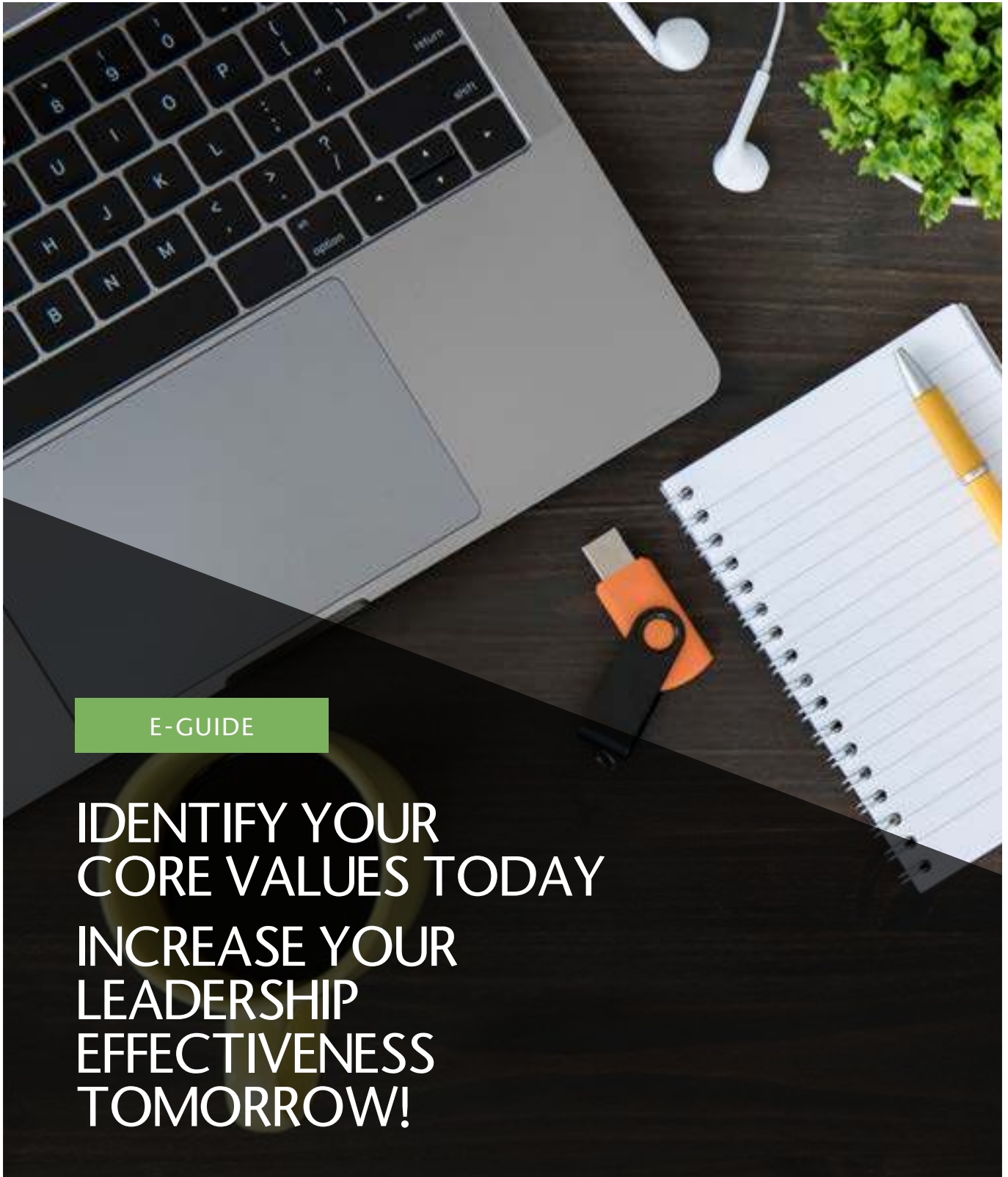




RURALSCOPE

PEOPLE | CHANGE | RESULTS

RESOURCES FOR LEADERS/INFLUENCERS
TO ACHIEVE POSITIVE CHANGE



E-GUIDE

**IDENTIFY YOUR
CORE VALUES TODAY
INCREASE YOUR
LEADERSHIP
EFFECTIVENESS
TOMORROW!**

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HELLO.

THANK YOU SO MUCH FOR DOWNLOADING THIS PDF TODAY. As you may already know, I'm super interested in values and how they play out in all aspects of our lives and especially leadership. So, I've put together this reading and activity especially for you to work out your values. Once you know your values, it's then time to live and lead by them. It can be life changing!

Are you ready to get started?

Good luck and ensure you complete the Values activity as I outline as it works best this way.

PS. Reach out anytime if you have any questions or queries.

BIO.

I'M JO EADY, A LEADERSHIP DEVELOPMENT SPECIALIST AND AWARD WINNING BUSINESS OWNER.

I founded RuralScope in 2000. I knew there were thousands of Australians working across agricultural supply chains and in rural communities that could be more effective in their roles if they had access to quality leadership and professional development. RuralScope evolved to address this need. We have now grown to become a leading provider of people development services for Australia's agricultural and rural industries.

I'm known for facilitating innovative change and building and supporting leaders as individuals as well as across groups, businesses and industries.

Since 2000 I have supported over 5000 clients on their leadership journey via programs, workshops, coaching and mentoring. I have developed and delivered whole of industry and company leadership programs as well as facilitated the formation and strategic direction and plans for a range of industry bodies. I love working with leaders to help them facilitate better in their own lives as well as their work and the lives of others. I hold qualifications in education, psychology, management and coaching / counselling.

I'm equally at home in the paddock and the boardroom and was recently described as the secret ingredient for many successful agricultural leaders.



VALUES ARE IMPORTANT

I think knowing your values helps you to further understand who you are, what makes you tick and what you need in your life to be the happiest you can be. And importantly knowing your values can help with decision making and getting back on track when you feel out of sorts! And knowing your values is essential to being an effective leader. I've written this reading and activity specifically for you. It will help you learn more about yourself and to shine a light on the values in your life. They act like a lighthouse keeping you on your preferred track and give you confidence that you are on the 'right' track for you!

DECIDING WHAT'S MOST IMPORTANT IN YOUR LIFE

Have a think about these questions.

- + Do you know what your values are?
- + How would you define your values?
- + Do they define you?
- + Is this who you are when you are at your best?
- + Do you live by them?
- + Do you use your values to make hard decisions?

*Taken from www.mindtools.com

Before you answer these questions, you need to know what, in general, values are. Your values are the things that you believe are important in the way you live and work. They (should) determine your priorities, and, deep down, they're probably the measures you use to tell if your life is turning out the way you want it to.

When the things that you do and the way you behave match your values, life is usually good – you're satisfied and content. But when these don't align with your personal values, that's when things feel... wrong. This can be a real source of unhappiness. This is why making a conscious effort to identify your values is so important. Values are usually fairly stable, yet they don't have strict limits or boundaries. Also, as you move through life, your values may change. For example, when you start your career, success – measured by money and status – might be a top priority. But after you have a family, work-life balance may be what you value more. As your definition of success changes, so do your personal values. This is why keeping in touch with your values is a lifelong exercise. You should continuously revisit this, especially if you start to feel unbalanced... and you can't quite figure out why.*

Here we go, its time to find out what your core values are.....

STEP 01

READ THROUGH THE COMPLETE LIST OF VALUES BELOW.
TAKE AS MUCH TIME AS YOU LIKE.

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Equality | <input type="checkbox"/> Job security | <input type="checkbox"/> Risk – taking |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Ethics | <input type="checkbox"/> Joy | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Adaptability | <input type="checkbox"/> Excellence | <input type="checkbox"/> Justice | <input type="checkbox"/> Security |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Fairness | <input type="checkbox"/> Kindness | <input type="checkbox"/> Self – discipline |
| <input type="checkbox"/> Altruism | <input type="checkbox"/> Faith | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Self – expression |
| <input type="checkbox"/> Ambition | <input type="checkbox"/> Family | <input type="checkbox"/> Leadership | <input type="checkbox"/> Self – respect |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Financial stability | <input type="checkbox"/> Learning | <input type="checkbox"/> Serenity |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Legacy | <input type="checkbox"/> Service |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Freedom | <input type="checkbox"/> Leisure | <input type="checkbox"/> Simplicity |
| <input type="checkbox"/> Being the best | <input type="checkbox"/> Friendship | <input type="checkbox"/> Love | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Belonging | <input type="checkbox"/> Fun | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Sportspersonship |
| <input type="checkbox"/> Career | <input type="checkbox"/> Future generations | <input type="checkbox"/> Making a difference | <input type="checkbox"/> Stewardship |
| <input type="checkbox"/> Collaboration | <input type="checkbox"/> Generosity | <input type="checkbox"/> Nature | <input type="checkbox"/> Success |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Giving back | <input type="checkbox"/> Openness | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Community | <input type="checkbox"/> Grace | <input type="checkbox"/> Optimism | <input type="checkbox"/> Thrift |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Order | <input type="checkbox"/> Time |
| <input type="checkbox"/> Competence | <input type="checkbox"/> Growth | <input type="checkbox"/> Parenting | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Harmony | <input type="checkbox"/> Patience | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Health | <input type="checkbox"/> Patriotism | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Contentment | <input type="checkbox"/> Home | <input type="checkbox"/> Peace | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Honesty | <input type="checkbox"/> Perseverance | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Hope | <input type="checkbox"/> Personal fulfillment | <input type="checkbox"/> Uniqueness |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Humility | <input type="checkbox"/> Power | <input type="checkbox"/> Usefulness |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Humour | <input type="checkbox"/> Pride | <input type="checkbox"/> Vision |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> Inclusion | <input type="checkbox"/> Recognition | <input type="checkbox"/> Vulnerability |
| <input type="checkbox"/> Dignity | <input type="checkbox"/> Independence | <input type="checkbox"/> Reliability | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Diversity | <input type="checkbox"/> Initiative | <input type="checkbox"/> Resourcefulness | <input type="checkbox"/> Wellbeing |
| <input type="checkbox"/> Efficiency | <input type="checkbox"/> Integrity | <input type="checkbox"/> Respect | <input type="checkbox"/> Wholeheartedness |
| <input type="checkbox"/> Environment | <input type="checkbox"/> Intuition | <input type="checkbox"/> Responsibility | <input type="checkbox"/> Wisdom |

STEP 02

Read each value again and this time tick off 25 that resonate with you.

STEP 04

Re-read these 10 values that you have underlined and circle 5

STEP 03

Re-read these 25 values that you have ticked and underline 10.

STEP 05

Re-read these 5 values that you have circled and highlight 2.

THESE ARE YOUR CORE VALUES.

MY TOP 5 VALUES.

ONE.

TWO.

THREE.

FOUR.

FIVE.

MY CORE VALUES.

ONE.

TWO.

OVER TO YOU.

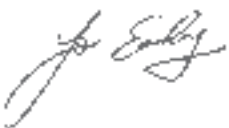
Congratulations, you now have your 2 core values and your top 5 values.

And ask yourself these questions;

- + Are you living into your values?
- + Do you have people around you who know and support you to live into your values?
- + What can you do to support yourself to live into your values more?
- + What are the signs when you are living outside your core values?
- + Can you recognise them?
- + What can you do about this?
- + What does it feel like when you are living into your values?
- + How does living into your two core values shape the way you make decisions, support others and most importantly support yourself?

There are lots of questions here. It might help to talk about this with a trusted friend, team mate or colleague. And you can always reach out to us here.

I wish you all the best.



PS. Let me know how this works for you. And I'd love to see your list if you're happy to share.

And remember change takes time, so stick at it!

MY NOTES.

IDENTIFY YOUR CORE VALUES TODAY – INCREASE YOUR LEADERSHIP EFFECTIVENESS TOMORROW!



CONTACT.

RURALSCOPE PTY LIMITED

Post. Jacksons Road, Foster, VIC 3960
Email. jo.eady@bigpond.com
Phone. 0419 912 879
Web. www.ruralscope.com.au

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