IP BEST PRACTICES

Identifying Values

A best practice shared by Giovanna de Beij Mazariegos.

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Identifying Values

Helping participants identify their core values — the guiding principles that shape their actions and define who they are.

Key steps

Highlight the values that are important to you: Authenticity, Growth, Creativity, Community, Compassion, Competition, Courage, Family, Freedom, Gratitude, Humility, Integrity, Diversity, Justice, Learning, Love, Respect, Service, Spirituality, Success, Fairness, Generosity, Happiness, Individuality, Honesty, Innovation, Kindness, Perseverance, Resilience, Wisdom.

Now rank your top five values (one is the most important to five being the least important).

Time to Reflect: Are your chosen values reflected in your daily actions and decisions? Have you ever judged someone negatively because they didn't prioritize your top values? Could your cultural background have influenced your value choices?

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