

THE EFFORT GAP | Translate Values into Action

Possessing core values isn't inherently virtuous. The translation of values into action is what really matters. So when articulating your values, consider those that guide your personal life (introspective values) and those that drive your contributions to your relationships and community (service-driven values). This is about becoming a better version of yourself within the context of your actions, relationships, and communities.

Empathy

I feel for other people's experiences. I've had or can imagine similar emotions.



Compassion

I draw on empathy to be a calm, supportive presence to help people feel cared for and understood.

Wisdom

I fill my mind with information that I use to practice good judgment.



Education

I share what I've learned and contribute my skills and knowledge by doing good work.

Hope

I believe in the potential for positive progress, even during challenges and adversity.

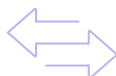


Contribution

I share my time, skills, and perspective to work towards the positive progress that I know is possible.

Ambition

I aspire to pursue things that challenge me and expand my potential.

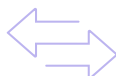


Initiative

I take proactive steps to turn ambitious goals and ideas into reality.

Fairness

I believe in equitable treatment and impartiality.



Justice

I advocate for equitable treatment and impartiality; I pursue fairness in my own actions and choices.

Creativity

I value innovative thinking and artistic expression.



Resourcefulness

I utilize resources to bring creative ideas to life, inspire others, and solve problems.

Sincerity

I express myself with thoughtful honesty.

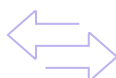


Presence

I give my full attention, showing sincerity not just in my own expression but in how I listen, respond, and stay engaged.

Gratitude

I recognize and appreciate the positive aspects of my life.



Generosity

I express gratitude by giving back to others and sharing my resources.

Humility

I acknowledge the influence of external factors in my success; I am willing to keep learning and growing.



Inclusivity

I accept differences in others, respecting their unique circumstances and perspectives; I believe in other people's ability to learn and grow.

Achievement

I pursue success through sustained effort and determination.



Leadership

I help others find their own path to achievement, sharing insights when helpful.