

WEEK 1 WORKSHEET

Leadership Foundations & Values Alignment

SECTION 1 — IDENTIFY YOUR CORE LEADERSHIP VALUES

Instructions: Reflect on the values that guide your personal and professional behavior.

List your top 5 leadership values and write one sentence explaining each.

1. Value: _____

Explanation: _____

2. Value: _____

Explanation: _____

3. Value: _____

Explanation: _____

4. Value: _____

Explanation: _____

5. Value: _____

Explanation: _____

SECTION 2 — LEADERSHIP MISSION STATEMENT

Instructions: Use the template to write your personal mission statement.

Template: “As a leader, I commit to... [what you do], in order to... [why you do it], by demonstrating... [values].”



My Leadership Mission Statement:

SECTION 3 — VALUES ALIGNMENT CHECK

Instructions: Identify behaviors aligned with your values and those needing improvement.

Aligned Behaviors:

Behaviors to Reduce/Eliminate:

Slide Highlights:

- Leadership starts with values; values guide decisions and shape influence.
- Strong leadership is built on humility, integrity, accountability, service, respect, and courage.
- Quiet confidence = calm, steady, consistent presence. Teams follow leaders who feel safe and stable.
- Leadership mission statements clarify identity, purpose, and behavioral standards.
- Values are proven under pressure — real alignment is shown in difficult moments.

How to Use This for the Worksheet:

- Use the values list from the slides to choose your top 5.
- Your mission statement should follow the slide formula: *commitment* → *purpose* → *values demonstrated*.
- When listing aligned behaviors or behaviors to reduce, choose actions connected to values shown in the slides (clarity, professionalism, calm presence, respect).