

# Values

They're immeasurably valuable. Do you know yours?

Directions: First, read through the list of values and their definitions and circle the ones that are important to you. This is likely to be most of them. You may change a definition or add additional values if you like. Do not skip ahead at any time during this exercise.

## FAITH

- Belief and Trust

## HONESTY

- Telling the truth
- Does not engage in deception
- Is forthright and candid.

## HARD WORK

- Mental and/or physical labor

## TRUST

- Belief and faith in someone's ability to do something.

## TEAMWORK

- Working together to achieve results.

## SKILLS

- Development of the ability to do something well... on command.

## RELATIONSHIPS

- Connections between and among people.

## FUN

- Enjoyment of an activity.

## COMPETITION

- Comparison of self, team, or organization against oneself or another.

## RESPONSIBILITY

- Taking ownership for personal choices.
- Admitting mistakes and "failures."
- Taking accountability for someone or something

## DECISIVENESS

- The ability to make decisions firmly, clearly, conclusively, and in a timely manner.

## LOYALTY

- Allegiances to people, organizations, ideals, causes, etc.

## EXCELLENCE

- Pursuit of the highest level of performance.
- Doing common things in uncommon ways.

## UNSELFISHNESS

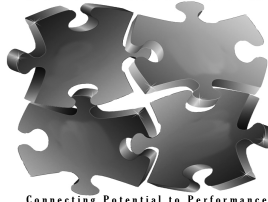
- Placing more importance on others' needs than your own.

## COMPASSION

- Active caring or concern for others.

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**INTEGRITY**

- Thoughts, words, and actions are all in alignment with each other.
- Standing up for what is right.
- Walking the talk.

**DIVERSITY**

- Appreciates and respects individual and group differences.

**CONFIDENCE**

- A solid belief in one's skills and abilities
- Can be situation specific or general

**RESPECT**

- To hold an individual's skills and abilities in high regard.

**COURAGE**

- The strength of will to do what is difficult.

**DISCIPLINE**

- Holding oneself or a group to a high standard of behavior in a habitual way.

**COMMITMENT**

- A stated dedication to someone or something.

**RESILIENCY**

- The ability to bounce back from setbacks or unexpected results.
- Getting back on a successful track.

**POSITIVE ATTITUDE**

- Expressing an upbeat, optimistic way of thinking, feeling, and acting.
- No complaining.
- No blaming.

**HEALTH**

- Placing importance on physical and emotional well-being.
- The absence of disease.

**WINNING**

- Scoring more than the opposition.
- It's better than the alternative.

**TRADITION**

- Respect for customs and beliefs.
- Doing things a certain way based on past experience.

**MONEY**

- Financial assets.
- The accumulation of wealth and possessions.

**FAME**

- Recognition by others.
- Desire to be well-known.

**FOCUS**

- Giving attention to the task-at-hand.

**EDUCATION**

- Placing importance on learning.

**FORGIVENESS**

- Letting go of one's own mistakes.
- Letting go of others' mistakes.

**HELPING OTHERS**

- Placing importance on assisting other people.

**ACHIEVEMENT**

- To reach or attain a desired goal or to complete a project successfully.

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Name \_\_\_\_\_

Date \_\_\_\_\_

#### ENTHUSIASM

- Demonstrating a high level of energy and effort.

#### RELENTLESSNESS

- unyielding, merciless
- persistent without emotion

#### PLAY

- Imagination, spontaneity; the ability to be amused.
- Engagement, participation.

#### STATUS

- Placing importance on rank, position, or relative standing.

#### FLEXIBILITY

- The ability to adapt to different environments, conditions, or change.

#### PROFESSIONALISM

- Demonstration of the highest level of skill and competence.
- Acceptance of role.
- Consistency.

#### SPORTSMANSHIP

- Respect for self, others, and the game.

#### PRIDE

- Values the efforts of self and others.
- Representing yourself and your team in a positive manner.

#### PATIENCE

- Accept or tolerate, delay gratification without getting upset or angry.

#### CONSISTENCY

- Performing with little variation over time.

#### TOUGHNESS

- The ability to deal with hardship, overcome difficulty, and continue to be effective.

#### LEADERSHIP

- The ability to create relationships in order to complete a stated goal or mission.
- Being a role model and helping others to achieve, too.

#### FAMILY

- Connection to immediate or extended relations.

#### FRIENDSHIP

- Strong ties with family, friends, co-workers, teammates, or members of a certain community.

#### CREATIVITY

- Placing importance on imagination, inspiration, and inventiveness.

#### MEANINGFUL WORK

- Doing and providing work that has a purpose and/or significance.

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Name \_\_\_\_\_

Date \_\_\_\_\_

Next, using the circled values above, trim your list to the 15 (or so) values you hold in the highest regard. Which ones are most important to you?

My top 15 (or so) values:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Do not skip ahead at any point in this exercise. Now that you have your top 15 values, go through this new list and circle your top 10. There will be overlap and they're all important, but pick the 10 that are most meaningful to you.

Finally, go through your top 10 values and trim the list once more to your top five and write them below. Then re-record them on the Table of Contents page at the front of this workbook.

My top five values:

_____	_____	_____
_____	_____	_____

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