Values Clarification
A Peace Leadership Exercise
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On a piece of paper, list down the side of the page 5-7 different values you hold dear in your work for peace. (Examples: the values of integrity; of harmlessness; of personal responsibility; etc.) Leave room with each one for further notes. Do as many of the following as you can:

1. Write a phrase or sentence describing what each value means to you.

2. Think of a time in your life when you had the opportunity to demonstrate one or more of these values through your behavior. How did it feel? Think of a time you wished you had demonstrated this value better, or more fully. What kept you from doing so?

3. Think of someone who has inspired you by demonstrating one or more of these values through their behavior. How has that affected you?

4. Try prioritizing these values, ranking them from most to least important. Why did you put the first one first? The last one last?

5. For each of your values, ask yourself: under what circumstances, if any, would I give my life to uphold this value? Under what circumstances, if any, would I give my liberty for it (that is, go to jail)? Under what circumstances, if any, would I abandon, betray, or temporarily ignore this value?

6. Pick one value to explore more fully. Find a situation in your life or in your work where that value is weak or missing (either in yourself or in those around you). How could you strengthen or introduce it in the system?

7. For this one value you have selected, consider the meaning more deeply by exploring it through different media. Pick one (or more) of the following:
   - Write a short poem about this value;
   - Draw a picture representing it;
   - Craft a metaphor that describes it (example: integrity is like the sun, shining brightly and continuously, even when the clouds appear to obscure its light);
   - Imagine you are sitting with a seven-year-old child who is asking you about this value. How would you describe it to them?;
   - Imagine you have been asked to submit a short paragraph on this value to an article that will be used as a text in a university program on peace and conflict studies. Write this paragraph, describing the value and why it is important in this field.