



This worksheet will assist you in developing your LPV, a statement of the intersection of the key people and events that have shaped and influenced you, your passions, values and talents. It reflects your journey, your underlying motivations, helps to guide your actions and define what fulfills you. It is the core message a leader wants to communicate to the world.

Who are the key people and what are the notable events that have shaped and influenced you?

1. My family
2. Moving from Maryland to Colorado in 2019
3. Transferring from UW-Seattle to CU Boulder before my sophomore year
4. My gap year in 2023-24

My #1 key person is my dad

What is your Core Passion?

- Identify a specific thing you do that you are passionate about.
- Why are you passionate about it? Go Deeper!
- How does your answer connect who you are with what you do/want to do?
- How does your answer relate to your personal and current/future professional life?

My one word is travel.

Identifying your Talents

Description

Talents are those physical and mental strengths and abilities that we are good at. We were either born with them or learned and developed them so well that they now come naturally and easily. These abilities make it easy and fun for us to accomplish certain tasks, make things happen and get things done.

Examples of talents

This is not a complete list, it is only meant to stimulate ideas about your own talents:

Good Listener, Good Speaker, Good with Numbers, Good with Words, Good Judge of People, Humorous, Loving, Mechanically Inclined, Musically Inclined, Physical Stamina, Strong Memory, Supportive, Artistic, Articulate, Adventuresome, Athletic, Courageous, Creative, Detail Oriented, Disciplined, Discriminating, Empathic, Even-Tempered, Frugal, Fun...

My top three Talents are:

1. Empathetic
2. Adventuresome
3. Loving

Identifying your Values

<p>Description</p> <p>Values are the ideals, principles and morals that create our priorities in our life, which in turn affect the decisions and choices we make. Our values stand behind our personal view of the world and they affect our internal images of reality and our day to day behaviors.</p>	<p>Examples of values</p> <p>This is not a complete list, it is only meant to stimulate ideas about your own values. And it doesn't imply that any of these are positive or negative:</p> <p>Accountability, Adventure, Appreciation, Authenticity, Autonomy, Comfort, Contribution, Connection, Creativity, Challenge, Efficiency, Excellence, Freedom, Frugality, Happiness, Harmony, Justice, Innovation, Leadership, Peace, Power, Quality, Risk-Taking, Serenity, Travel, Wisdom...</p>
<p>My top three Values are:</p> <ol style="list-style-type: none"> 1. Happiness 2. Peace 3. Connection 	

What is your Leadership Point of View?	
<p>Description</p> <p>Your LPV is a statement of the intersection of the key people and events that have shaped and influenced you, your passions, values and talents. It reflects your journey, your underlying motivations, helps to guide your actions and define what fulfills you. It is not a goal but an end state in which you are constantly improving upon. It can be lived regardless of your circumstance or situation.</p>	<p>Characteristics of your LPV:</p> <ul style="list-style-type: none"> ● Short and concise, easy to remember ● Present Tense ● Congruent with Passions, Values and Talents ● Includes who or what you want to positively impact ● Can be worked on by your efforts regardless of outside forces ● Inspirational

My Leadership Point of View is...

My life revolves around family, who allow me to live with empathy and love. I will strive to work with integrity and be driven by passion in order to complete my life's goal of adventure.

Sources: (Gasta, M., 2024; Blanchard, K., 2020)

Leadership Point of View Examples

- To be an explorer and find something wonderful to share with the world wherever I go.
- To be a teacher. And to be known for inspiring my students to be more than they thought they could be.
- To use my gifts of intelligence, charisma, and serial optimism to cultivate the self-worth and net-worth of women around the world.
- I live to serve my talents as a communicator, artist and independent businesswoman. I create balance in work, play, and community. I inspire those I interact with.
- I am a catalyst for truth and communication: through coaching, consulting, and facilitation I awaken people, teams and organizations to align with their purpose and ignite their highest potential for positive impact in the world!
- To encourage people to respect and appreciate the differences in others.
- To illuminate the decision-making process for myself and others so that we may live lives of integrity.
- To help people shine, succeed and laugh.
- To open up for people the exuberance of being alive so that they experience their own beauty and intimacy.
- To use my humor and intelligence as an optimistic conduit for bringing people together to share their greatness.
- My LPV is to use my enthusiasm and playfulness to pull people together and inspire them to be their best, in an easy, compassionate and loving way.

- To inspire others to be resourceful and trust their instincts so they can make great smart choices in their lives.
- To be a champion of knowledge and growth. To challenge myself and others to be creative and accomplished. To have fun doing it all day.
- To provide continually evolving techniques and principle through genuine connections, with a disciplined progression and commitment of what's right.
- To support those around me to take advantage of and create opportunities that lead to fulfilling achievements and a lifetime of happiness.
- To use my talents in team building, teaching and culinary skills to lead my team on an inspired connected journey of creative culinary excellence.

Reflection Paragraph

The main skills I developed during my time as a Newton fellow were with my leadership coach, Karen Lynch. Through our sessions, we spent a lot of time focusing on different things that were holding me back from realizing my potential as a person and a leader. I realized that a lot of those obstacles are easier to overcome than I realized. I experienced a great deal of personal growth over the course of our sessions as I put many of my obstacles aside and focused on the positives I had that could contribute to my leadership journey.

Values

My top 5 core values are: empathy, integrity, adventure, passion, and love.