

Values exercise

Stage 1 Identifying my values

Go through the list below and mark each value as:

V Very important to me

Q Quite important to me

N Not particularly important to me

There are spaces for you to add in your own values if you wish.

VALUE	V/Q/N	VALUE	V/Q/N
ACHIEVEMENT		HOPE	
ADVENTURE		HUMOUR	
AUTONOMY		INDEPENDENCE	
BEAUTY		INNOVATION	
CHALLENGE		INTELLIGENCE	
COMPASSION		INTEGRITY	
COMMUNICATION		LOVE	
COMPETENCE		LOYALTY	
COMPETITION		OPEN-MINDEDNESS	
COURAGE		ORDER	
CREATIVITY		PATIENCE	
CURIOSITY		POWER	
DEPENDABILITY		PRODUCTIVITY	
DISCIPLINE		PROSPERITY/WEALTH	
DIVERSITY		RECOGNITION	
EFFECTIVENESS		RESPECT	
EMPATHY		RESPONSIBILITY	
EQUALITY		RISK TAKING	
FAMILY		SAFETY	
FREEDOM		SERVICE	
FLEXIBILITY		SIMPLICITY	
FRIENDSHIP		SPIRITUALITY	
GENEROSITY		STRENGTH	
GROWTH		TEAMWORK	
HARMONY		TRUST	
HEALTH		TRUTH	
HONESTY		WISDOM	

Stage 2 My Top 5 Values

Go back through the list, review all your Very Important values, and select the 5 that are most important to you at the moment. List them below

1. -----
2. -----
3. -----
4. -----
5. -----

Stage 3 Living my values - actions and goals

For each of these 5 top values, consider one way that you bring this value more into your life. This may involve setting a goal based around the value, or simply making a small shift in the way you go about your everyday activities. You may like to do both, thinking about short-term actions and longer-term goals.

Example

Value: Freedom

Actions: Reclaim some free time during the working day by taking a lunch break every day and go for a walk

Longer-term goal: Work on a plan for going freelance within the next 12 months

Value	Actions / Longer-term goals, to help me live this value more fully

Does your work reflect your values?

Ideally, your job will be a good fit for your values. The culture of your organisation or company feels right. And your work pattern and remuneration allows you to fulfil what's important outside of work.

If you feel that your current job is significantly out of synch with your values, it may be time to make a change.

For help getting started, visit <http://heartofwork.co.uk/career-change-toolkit/> and download your free career change toolkit.

