

My Values

- Achievement** - Achieving goals or finishing things successfully, usually with effort
- Beauty** - Appreciating what looks, sounds or feels beautiful to you
- Challenge** - Testing your abilities in stimulating ways
- Consistency** - Maintaining your standards in life and work tasks
- Courage** - Facing difficulties or uncertainty. Taking risks
- Creativity** - Having original ideas and/or creating original things
- Detachment** - Keeping work and home/personal life separate
- Excellence** - Doing or being the best you can
- Health** - Being or becoming healthy and well or encouraging/promoting good health
- Honesty** - Feeling you always do the honest and truthful thing
- Independence** - Making your own decisions about work
- Integrity** - Being true to yourself and standing by beliefs and values
- Knowledge** - Learning and knowing new things
- Leadership** - Taking responsibility in group situations
- Location** - Living/working in a specific geographic location or environment
- Loyalty** - Standing by family/friends/workmates
- Money** - Earning enough money to live the way you want
- Mutual Respect** - Both showing respect for others and others showing respect for you
- Power** - Being influential, the decision-maker, responsible for others
- Quietness** - Having a quiet place and or quiet time in your workplace
- Recognition** - Having your work recognised by others
- Security** - Physical/Emotional/ Psychological/Financial feeling secure within your world.
- Job or financial security** - feeling physically or emotionally "safe".
- Self Respect** - Respecting yourself, your work, your dignity and your values
- Social Equality** - Treating all people with respect and equal worth
- Social Interest** - Doing things in your work which help and benefit the wider community
- Status** - Having work which is highly regarded by other people
- Teamwork** - Working effectively and cooperatively with others to achieve a common goal
- Trust from others** - Gaining trust by the way you conduct yourself in your life and work
- Variety** - Having the freedom to do different tasks in your work

Instructions

- 1) Tick your top 20 values from the list above.
- 2) From those 20 values, choose your top 10 and record on the list below.
- 3) Then from your list of 10, pick your final top 5 values and record them below.

My top 10 values are...

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

My top 5 values are...

- 1)
- 2)
- 3)
- 4)
- 5)