Connecting with Your Values

What is important to you, what upsets you, and what underlies your decisions, are all connected to your personal values. They are a shorthand way of describing your motivations; together with your beliefs, values are the causal factors that drive your decision-making. Whether personal, professional, social, or life-oriented, values make room for knowledge, wisdom, and heightened self-awareness. Unsurprisingly, given we are all unique, we all choose different combinations of values in life, and these choices shape our actions and decisions.

Clarifying our values is a great way to prioritize our life goals.

Step 1: Review the Values List on the next page and check off all the values that resonate with you most. Don't overthink it, just pick the words that pop out at you.

Step 2: Of the values you picked out, select those that are most important to you to refine your list down to about ten different values.

Step 3: Based on the refined list, select the ones you believe you couldn't live without:

i. ……
ii. ……
iii. ……
iv. ……
v. ……

Step 4: Based on Step 3, can you see any themes relating to the Value Types, which categories do your values fall into? Is there a dominant Value Type category?

Step 5: Reflect on the following question alone or as part of a team discussion: Do you believe you are currently living your values at work? If not, what would help you to become more aligned with your values?

Value Categories	Values List				
Power	Social power	Authority	Wealth	Public Image	Social Recognition
Achievement	Successful Self-respect	Capable	Ambitious	Influential	Intelligent
Stimulation	Daring	A Varied Life	Exciting Life		
Self-direction	Creativity	Curious	Freedom	Choosing Own Goals	Independent
Hedonism	Pleasure	Enjoying Life			
Universalism	Environment Harmony	Nature Wisdom	Broad-Minded World Peace	Social Justice	
Benevolence (Kindness)	Helpful Friendship	Honesty Spiritual	Forgiving Mature Love	Loyalty Meaningful Life	Responsible
Tradition	Committed to a Cause Doing the Right thing	Accepting your lot in life	Humble	Moderate	Respect for Tradition
Conformity	Politeness	Honoring of Parents /Elders	Obedient	Self-Discipline	
Security	Good Health Belonging	National Security	Social Order	Family Security	Reciprocation of Favors