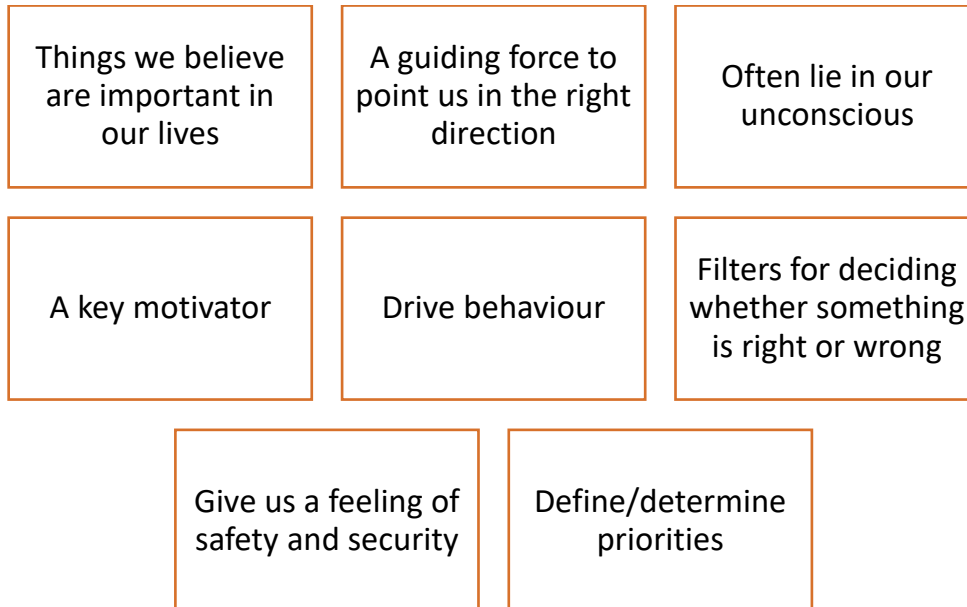


## Exploring values

What are values?



- Recognising our values helps us understand what drives us – and what drives us affects our behaviour.
- Our values change over time, and deepen as we understand ourselves better – they are always moving.
- Our values can also be situational - so what is true for us at home may not be true for us at work.
- The values list below offers some examples of possible values. It is not exhaustive and, as we are each unique, there will undoubtedly be words that are missing or words that better sum up your values.

Because values are often in our unconscious, we are not always aware of what our values are and they may come to the surface first when they are challenged Here are a few ways to begin to think about values in action.

**Identify a time when you have been happy**, thinking of times from work and home. What was happening? What were you doing? Were you with others? Who? What other factors contributed to your happiness?

**Think of a time when you have felt proud** in work and in your personal life. Why did you feel proud? Who else was there? What contributed to your feelings of pride?

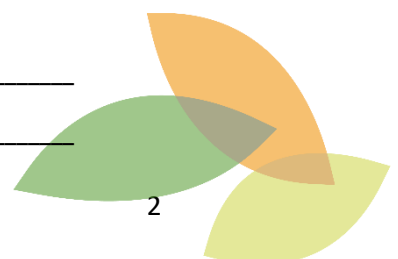
**When have you felt truly fulfilled?** Again, think of times at work and in your personal life. What need or desire was fulfilled? How and why did the experience give meaning? What contributed to your feelings of fulfilment?





Sample values list: Select from the list all the values which resonate

Accomplishment	Excellence	Optimism
Accuracy	Fairness	Orderliness
Acknowledgement	Flexibility	Participation
Adventure	Focus	Partnership
Authenticity	Forgiveness	Passion
Balance	Freedom	Patience
Beauty	Friendship	Peace
Boldness	Fun	Presence
Calm	Generosity	Productivity
Challenge	Gentleness	Recognition
Collaboration	Groundedness	Respect
Community	Growth	Resourcefulness
Compassion	Happiness	Safety
Comradeship	Harmony	Self-Esteem
Confidence	Health	Service
Connectedness	Helpfulness	Simplicity
Contentment	Honesty	Spirituality
Contribution	Honour	Spontaneity
Cooperation	Humour	Strength
Courage	Idealism	Tact
Creativity	Independence	Tolerance
Curiosity	Innovation	Tradition
Determination	Integrity	Trust
Directness	Intuition	Understanding
Discovery	Joy	Unity
Ease	Kindness	Vitality
Effortlessness	Learning	Wisdom
Empowerment	Listening	Others:
Enthusiasm	Love	_____
Environment	Loyalty	_____

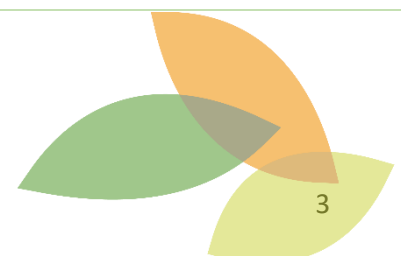




Select the words which speak for what you **most value** (between 5 and 10) and list these in order of importance, where 1 is most important, 2 for next in importance and so on. I find it helpful to write them down on sticky notes or slips of paper so I can move them around.

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

My value	Why it's important to me	How I'll know I'm living by it





### Consider your primary values

- Are there any patterns or themes?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- What do your values tell you (and others) about yourself?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- How do your values impact on your behaviour (at home and at work) - positives and negatives?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- How do your values impact the vision for your work?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- What choices will you make based on what you know?

