

Exercise

Your values

Values are our most fundamental beliefs and ideas about what is important to us in life. They lie at the heart of all the decisions we made. Our values are formed early on in our lives via our family, friends and our experiences. Our core values are often referred to as inner or intrinsic values and they can include things such as honesty, the idea that all people are equal, justice etc.

Work-related values stem from our inner values. These may change depending on the situation, but the more our values align with the work we do, the greater our feeling of satisfaction will be.

Below are a number of different values. Tick the values which you would say are important to you.

<input type="checkbox"/>	It is important that my ideals align with my lifestyle
<input type="checkbox"/>	Children are a very important part of my life
<input type="checkbox"/>	It is important to me that I experience other cultures
<input type="checkbox"/>	It is important to me to have my own space
<input type="checkbox"/>	It is important to me that I have a close relationship with my relatives
<input type="checkbox"/>	It is important to me that I am able to work internationally
<input type="checkbox"/>	It is important to me that I am able to work alone
<input type="checkbox"/>	It is important to me that I am able to look after my health
<input type="checkbox"/>	It is important to me that I am able to try new things
<input type="checkbox"/>	It is important to me that I have job security
<input type="checkbox"/>	Change is essential in order for me to develop
<input type="checkbox"/>	It is important to me that I have very good personal finances
<input type="checkbox"/>	Free time is very important to me
<input type="checkbox"/>	It is important to me that new things happen often
<input type="checkbox"/>	High work ethic is important to me
<input type="checkbox"/>	It is important to me that I am able to prioritise my family
<input type="checkbox"/>	It is important to me that I have balance in my life
<input type="checkbox"/>	Pursuing a career is important to me
<input type="checkbox"/>	It is important to me that I get to experience culture
<input type="checkbox"/>	It is important to me that I am engaged in society
<input type="checkbox"/>	High material standards are important to me
<input type="checkbox"/>	It is important to me that things are orderly and tidy
<input type="checkbox"/>	An open and generous home is important to me
<input type="checkbox"/>	It is important to me that I feel self-respect
<input type="checkbox"/>	It is important to me that I feel I have stability in both my working life and my personal life
<input type="checkbox"/>	It is important to me that I get a lot of social interaction
<input type="checkbox"/>	It is important to me that I am able to save regularly
<input type="checkbox"/>	It is important to me that I am able to take risks

<input type="checkbox"/>	Flexibility at work is important to me
<input type="checkbox"/>	It is important to me that I feel a sense of belonging

Add your own values if you feel there is anything missing from the list.

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

You have now ticked a number of values. Out of these, which ones mean the most to you?
Select your five most important values and order them in terms of priority. Write them here:

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

Expand on what your values mean to you: