Identifying your values

Take a moment to consider each value and its importance to you personally. Ask yourself is it?

1 - Not at all important in my career
2 - Fairly important in my career,
3 - Very important in my career
4 - Extremely important in my career

In the boxes alongside each value, mark 1, 2, 3 or 4 depending on its importance, as indicated above. Please note this is not a definitive list and you can add others.

- ❑ accomplishment
- ❑ accuracy
- ❑ achievement
- ❑ achieving potential
- ❑ acknowledgment
- ❑ adventure
- ❑ appreciation
- ❑ authenticity
- ❑ autonomy
- ❑ balance
- ❑ being a catalyst
- ❑ being in the flow
- ❑ being my best
- ❑ belonging
- ❑ challenge
- ❑ clarity
- ❑ commitment
- ❑ compassion
- ❑ completion
- ❑ connectedness
- ❑ contribution
- ❑ co-operation
- ❑ creativity
- ❑ dependability
- ❑ directness
- ❑ ease
- ❑ elegance
- ❑ empathy
- ❑ empowerment
- ❑ encouraging
- ❑ energy
- ❑ equality
- ❑ excellence
- ❑ excitement
- ❑ expertise
- ❑ fairness
- ❑ fast pace
- ❑ forward movement
- ❑ freedom
- ❑ friendship
- ❑ fun
- ❑ hard work
- ❑ harmony
- ❑ helping others
- ❑ honesty
- ❑ humour
- ❑ imagination
- ❑ independence
- ❑ integrity
- ❑ intellectual rigour
- ❑ intuition
- ❑ intuition
- ❑ justice
- ❑ keeping promises
- ❑ leadership
- ❑ learning
- ❑ leisure time
- ❑ loyalty
- ❑ making a difference
- ❑ making decisions
- ❑ nurturing
- ❑ openness
- ❑ order
- ❑ organisation
- ❑ partnership
- ❑ personal growth
- ❑ personal responsibility
- ❑ pioneering
- ❑ power
- ❑ pressure
- ❑ privacy
- ❑ recognition
- ❑ respect
- ❑ risk-taking
- ❑ routine
- ❑ results
- ❑ safety
- ❑ security
- ❑ service
- ❑ solitude
- ❑ status
- ❑ success
- ❑ support
- ❑ teaching
- ❑ teamwork
- ❑ thoroughness
- ❑ thrill
- ❑ tolerance
- ❑ tradition
- ❑ trust
- ❑ variety
- ❑ winning
- ❑ wisdom