



Unique You

IDENTIFYING YOUR PERSONAL VALUES



"The future belongs to those who believe in the beauty of their dreams."
- Eleanor Roosevelt

Values are perhaps the most vital part of the jigsaw in terms of understanding what motivates and fulfils you.

Our values are often the unconscious drivers that underpin all our responses, actions and decisions. When we are honouring our values in the way we live our lives, we feel congruent and at peace. When we are not, we can feel uneasy and unfulfilled. Knowing our own values helps us understand ourselves much better. Best of all, we can design all aspect of our lives – including our careers – to closely reflect our most important values and when you design your life and career based on your values, your motivation will be greatly increased and your chances of success and fulfilment improve hugely.

To summarise; values, as a reference point, can help you to:

1. set clear goals for the future that are worthwhile and important to you
2. improve the quality of your decisions
3. maintain your confidence when you feel confused or when you're in a period of transition.

The aim of this exercise is to help you uncover and then focus in on your top five values.

Before you start the exercise, try to imagine a situation where you had all the money you needed so you and your family were well provided for (you could have won the lottery, for example). Now ask yourself: what would I still want to be doing or have in my life?

Identifying your personal values

First, look at the table of values on page 3.

Next, take a moment to consider each value and its importance to you personally. Ask yourself is it is:

- (1) not at all important in my life
- (2) fairly important in my life
- (3) very important in my life or
- (4) extremely important in my life.

Against each value, in the right hand column, mark 1, 2, 3 or 4 depending on its importance, as indicated above.

Many values seem quite similar. Some seem like personal values and some seem like universal values or principles. Don't worry about that, just give a mark that reflects how you feel. Or if you prefer, cluster a few together, for example: appreciation/acknowledgment/recognition.

When you've finished going through the table, pick out the values you've marked with a 4. If there are 5 or less, look at those you've marked with a 3 and try to identify the most important of those, to create a list of Top Five Values.

If you've got 6 or more values marked with a 4, look at those values again and try to identify the Top 5. If necessary, ask yourself, "If I had to choose between (value A) and (value B) which would I choose?"

TABLE OF VALUES

accomplishment		Fame		Pressure	
accuracy		fast pace		Privacy	
a life of the mind		forward movement		Recognition	
achievement		Freedom		Respect	
achieving potential		Friendship		risk-taking	
acknowledgment		Fun		Romance	
adventure		hard work		Routine	
altruism		Harmony		Results	
appreciation		helping others		Safety	
artistic endeavour		Honesty		Security	
authenticity		Humour		self-care	
autonomy		Imagination		self-expression	
balance		Independence		Sensuality	
aesthetics/beauty		Influencing		Service	
being a catalyst		Integrity		Solitude	
being in the flow		Intellectual rigour		Spirituality	
being my best		Intimacy		Status	
belonging		Intuition		Success	
challenge		Joy		Support	
clarity		Justice		teaching	
commitment		keeping promises		teamwork	
compassion		Leadership		thrill	
completion		Learning		tolerance	
connectedness		leisure time		tradition	
contribution		Love		trust	
co-operation		Loyalty		variety	
creativity		making a difference		vitality	
dependability		making decisions		wellness	
directness		Money		winning	
ease		my faith		wisdom	
elegance		Nurturing		Other:	
emotional health		Openness		Other:	
empathy		order/accuracy		Other:	
empowerment		Organization		Other:	
encouraging		Nature		Other:	
energy		Partnership		Other:	
entertaining		Passion		Other:	
environment		Peace		Other:	
equality		peace of mind		Other:	
excellence		personal growth		Other:	
excitement		personal responsibility		Other:	
expertise		Pioneering		Other:	
fairness		Power		Other:	

TOP FIVE VALUES

These are your top five values.

Value	Description