

MY VALUES

STEP 1

Consider the attached list of 'values'. Tick the ten which are the most important to you in the context of your life at work and outside of work.

STEP 2

Now eliminate five of these top ten. Which would you give up if you had to? Cross them off?

Now imagine you are only allowed four. Which one would you give up? Cross it off.

Now cross off another, to bring your list down to three. And another to bring it to two.

Finally, cross off one of your two values. Which is the one item on the list that you care most about in the context of yourself, now and in a few years from now?

STEP 3

Take a look at the top three values on your list.

- a) What do they mean exactly? What are you expecting from yourself – even in bad times?
- b) How would your life be different if those values were more prominent and practised?
- c) What do you need to do in your life and career to help you to stick strongly to those values?

(Adapted from 'The 5th Discipline Field Book' by Peter M. Senge)

LIST OF “VALUES”

Achievement	Friendship	Physical Challenge
Advancement and promotion	Growth	Pleasure
Adventure	Having a family	Power & Authority
Affection(love & caring)	Helping other people	Privacy
Arts	Helping society	Public service
Challenging problems	Independence	Publicity
Change & variety	Influencing others	Quality of work
Close relationships	Inner harmony	Quality of relationships
Community	Integrity	Recognition (respect)
Competence	Intellectual status	Religion
Competition	Involvement	Reputation
Co-operation	Job tranquillity	Responsibility
Country	Knowledge	Security
Creativity	Leadership	Self-respect
Decisiveness	Loyalty	Serenity
Democracy	Market position	Sophistication
Ecological awareness	Meaningful work	Stability
Economic security	Merit	Status
Effectiveness	Money	Supervising others
Efficiency	Nature	Time freedom
Ethical practice	Work with honest people	Truth
Excellence	Order	Wealth
Expertise	Personal development	Work under pressure
Fame		Work with others
Fast living		
Fast paced work		
Financial gain		
Freedom		