

VALUES ASSESSMENT

When making any transition, you want to ensure that you have value alignment, which means that the transition that you are making, brings you closer to living out your values compared to pushing them away.



WHAT ARE VALUES?

We define values as principles or standards of behaviour; one's judgement of what is important in life.



WHY ARE VALUES IMPORTANT?

Completing work that aligns with your values means that you have more of a deeper connection with your job. If you are working full time, on average, you will spend over 40 hours per week at work. This is why a values assessment is such an essential component in career and life design.



LET'S BEGIN

On the next page, you will find a list of values that are common in many careers and individual life choices. Review the values listed and choose 10, which are the most important for you.

Equally, it's essential to know what you don't want in your life and work as well. Choose 5 values which you 100% do not want.



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- Adaptability
 - Adventure
 - Activity
 - Acknowledgment
 - Artistic Creativity
 - Authority
 - Autonomy
 - Balance
 - Belonging
 - Career Progression
 - Challenge
 - Change
 - Charity
 - Competition
 - Compassion
 - Competency
 - Competitiveness
 - Detailed Work
 - Expertise
 - Education
 - Efficiency
 - Emotional Intelligence
 - Empathy
 - Environment
 - Energy
 - Equality
 - Ethics
 - Family
 - Financial Security
 - Financial Reward
 - Friendship
 - Freedom
 - Fun
 - Flexibility
 - Global responsibility
 - Growth
 - Honesty
 - Humour
 - Independence
 - Innovation
 - Integrity
 - Leadership
 - Leisure
 - Loyalty
 - Management
 - Mindfulness
 - Money
 - Order
 - Organisation
 - Passion
 - Playfulness
 - Pressure
 - Purpose
 - Responsibility
 - Relationships
 - Routine
 - Sociability
 - Spirituality
 - Social Conscience
 - Stability
 - Teach
 - Teamwork
 - Wisdom

10 VALUES YOU WANT

List what this value means to you and how it comes out in your life and career.

1

2

3

4

5

6

7

8

9

10

5 VALUES YOU DONT WANT

List 5 values that you don't want and why

1

2

3

4

5

MOVING FORWARD

Now that you have identified the fundamental values you want in your life, you can now use these as a decision-making process moving forward, as they will act as a compass on which path and direction you should take.

