[salon execution]

Values Worksheet – Operating From Your Compelling WHY

To create a clear vision for your career search, it's important that you know what foundation you're building your career on top of – i.e. your personal and professional values. From the list below identify your core values that drive you in each day to create your success.

VALUES LIST

Achievement	Friendships	Privacy
Advancement & promotion	Growth	Public service
Adventure	Helping other people	Purity
Affection (love and caring)	Helping society	Recognition from others
Arts	Honesty	Relationships
Autonomy	Independence	Religion
Challenge	Individual development	Reputation
Change and variety	Influencing others	Respect
Communication	Inner harmony	Responsibility & accountability
Community	Integrity	Risk taking
Competence	Intelligence	Security
Cooperation	Involvement	Self-respect
Country	Knowledge	Serenity
Creativity	Leadership	Sophistication
Decisiveness	Learning	Stability
Democracy	Loyalty	Status
Ecological awareness	Market position	Strategic unity & coordination
Economic security	Meaningful work	Technology
Efficiency	Merit	Time freedom
Environment	Money	Trust
Ethical practice	Nature	Truth
Excellence	Openness and honesty	Wealth
Expertise	Order	Wisdom
Fairness	Parenting	
Fame	Passion	
Family	Performance	
Fast pace	Personal development	
Financial gain	Physical challenge	
Flexibility	Pleasure	
Freedom	Power and authority	

Your values can be a single word or you can create strings of values as well. Value strings are a series of words that define your value for you. For example, I have a value called Ocean. I define that value as a vast, wide, deep, giant container for holding open communication, love, kindness and compassion for others.

What would a value string look like for you?

Other examples are:

Compassion> caring for others> civil rights> standing up for others in the face of difficulty.

Friendship>caring>honesty>truth> sense of self> self acceptance.

Peace> calm> serenity> being at ease> no struggle> confidence> letting go> no needing to know all the answers

Of the values you selected, what do you consider to be your core values, that is, the ones that are most meaningful to you? What are the values that you couldn't live without and are "universal" for you in all circumstances?

What other values are important to you that you want to be fully incorporated in your career and daily life that you would add to the list?

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VALUES AWARENESS

Select your top ten values using the Values List and other words you may have chosen to add. One method is to read over the list and check all those that are important to you. Then, narrow the list to your top ten.

In selecting the values, choose those that are truly important to you. It can be tempting to select values that you "should" have.

Write those ten into the table. Then, rate how fully you are living that value at work in each day. Assign a number between 1 and 10 for each value.

* Answer the question, "*How fully is this value being fulfilled in my work currently?*" Then, assign a number between 1 and 10 where 1 = not at all and 10 = living value fully

List Top Ten Values	Rating *
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	