

Values Exercise

Directions: Reflecting on your professional experience, come up with your list of important values that guide you and your work. Work through the following list quickly, putting check marks next to any values that should be on your list of core values. As you do this, watch out for picking up values that are desirable and noble but are not values you express in your work or by your example. Feel free to add values not on the list that better depict a core value of yours.

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|---|------------------------------------|---|
| ☐ Self-sufficiency | ☐ Fair play | ☐ Responsibility |
| ☐ Fun | ☐ Freedom | ☐ Teamwork |
| ☐ Fulfillment | ☐ Ambition | ☐ Authority |
| ☐ Honor | ☐ Influence | ☐ Creativity |
| ☐ Faithfulness | ☐ Learning | ☐ Achievement |
| ☐ Duty | ☐ Humility | ☐ Security |
| ☐ Practicality | ☐ Wealth | ☐ Openness |
| ☐ Compassion | ☐ Happiness | ☐ Objectivity |
| ☐ Inclusiveness | ☐ Edge | ☐ _____ |
| ☐ Individuality | ☐ Change | ☐ _____ |

Now, narrow the list and identify only three values that are *most* important in your life and your work. In the table below, write your own definition of what each value means for you. After you have listed and defined them, go back and rank-order them by their importance to you.

Value Name	Value Definition	Rank
_____	_____	_____
_____	_____	_____
_____	_____	_____

Reflection Questions

1. Are each of your three core values essential to your work? How does each value impact the way you do your job?
2. Revisit the full list of values and put an asterisk next to values that you think are useful in your profession. Compare the values that are important to you (denoted with a check mark) with the values that are important to your work (denoted with an asterisk).
3. What are some examples of times you have embodied these values? Would others describe you using these values?