

VALUES DISCOVERY EXERCISE

GAIN CLARITY ON WHAT IS MOST IMPORTANT TO YOU

When our jobs are not aligned with our values, we often feel disengaged and unfulfilled. Clarity around your values will help you make stronger and more informed career and life decisions.

VALUES EXERCISE: Think of a peak experience in your life and write down why this was an important event or time for you:

(INSERT RESPONSE HERE)

Look through the values list below. Which values are showing up in your experience? You can also note other values that are important to you.

Honesty	Independence	Family	Friendships
Growth	Knowledge	Laughter	Learning
Love	Loyalty	Money	Nature
Order	Pleasure	Power	Recognition
Relationships	Religion	Responsibility	Reward
Security	Self-respect	Serenity	Stability
Status	Success	Time	Truth
Connection	Wisdom	Spirituality	Understanding
Co-operation	Risk taking	Spontaneity	Openness
Awareness	Patience	Integrity	???

Narrow down your values by looking for themes and grouping them. List your top 5 values below. Rank them, 1 – 5 with 1 = Most important.

(INSERT RESPONSE HERE)

Now define your top 5 values below. What does each of these values mean to you?

- 1.
- 2.
- 3.
- 4.
- 5.

If you could only have one value for the rest of your life which would you pick?

If you want to learn how you can better align your values with your career and your personal life then reach out to us at: www.clarendonwallace.com to discover how coaching can help you.