Explore Your Values

Values are the principles that we find important and influence the way we live our daily lives. Our identification with specific values tends not to grow or diminish instantly or dramatically but evolve over time.

Exercise: Rank the list of values below in order of importance for you. Use the blanks to incorporate values beyond what is included here.

___ Variety
___ Loyalty
___ Fun
___ Structure
___ Influence
___ Recognition
___ Creativity
___ Financial Compensation
___ Job Security
___ Having Visible Impact
___ Intellectual Stimulation
___ Colleague Relationships
___ Independence
___ Being an Expert
___ Respect
___ Taking Risks
___ Relationships
___ Learning

___ ___________________________
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