

What are your Values?

Your values are those things in your life that you consider to be important and worthwhile. They represent your highest priorities and deeply held driving forces.

In relation to your career, values are what give purpose to a job in the eyes of the individual who does it. When you work for an organisation you bring your deeply held values and beliefs to the organisation. The effort, commitment and motivation that a person brings to a job is in direct proportion to the values that they perceive in it.

Value Elicitation – Your Core Value

From this list of values (both work and personal), select the **ten** that are most important to you – as guides for how to behave, or as components of a valued way of life. Feel free to add any values of your own to this list.

Achievement	Efficiency	Pleasure
Advancement	Effectiveness	Physical challenge
Adventure	Ethical practice	Positive attitude
Accomplishment,	Excellence	Power
Accountability	Excitement	Practicality
Affection	Fame	Preservation
Accuracy	Fast living	Privacy
Arts	Flair	Problem Solving
Adventure	Freedom	Public service
Beauty	Friendship	Purity
Calm	Financial gain	Merit
Challenge	Fun	Money
Change	Global view	Nature
Close relationships	Good will	Progress
Cleanliness	Goodness	Prosperity
Collaboration	Gratitude	Punctuality
Commitment	Growth	Order (tranquillity, stability, conformity)
Communication	Hard work	Quality of work
Community	Harmony	Recognition (respect from others, status)
Competence	Helping other people	Regularity
Competition	Helping society	Resourcefulness
Concern for others	Having a family	Respect for others
Continuous improvement	Honesty	Responsibility and Accountability
Cooperation	Honour	Responsiveness
Coordination	Independence	Reputation
Country, love of (patriotism)	Influencing others	Religion
Creativity	Inner peace, calm, quietude	Results-oriented
Customer satisfaction	Innovation	Rule of Law
Decisiveness	Integrity	Safety
Delight of being	Intellectual Status	Satisfying others
Democracy	Involvement	
Discipline	Justice	

Discovery	Knowledge	Security
Ease of Use	Leadership	Serenity
Efficiency	Location	Self-respect
Equality	Loyalty	Self-reliance
Excellence	Love	Service
Fairness	Romance	(to others, society)
Faith	Loyalty	Simplicity
Family	Maximum Personal	Skill Speed
Family	development utilization	Spirit in life (using)
Feeling	(of time, resources)	Stability
Democracy	Meaning	Sophistication
Ecological awareness	Merit	Standardization
Economic Security	Money	Status
Orderliness	Openness Strength Time	Trust
Peace, Non-violence	Tranquillity	Truth
Perfection (e.g. of details)	Success	Unity
Personal Growth	Achievement	Variety
Tolerance	Systemization	Wealth
Tradition	Teamwork	Wisdom
	Timeliness	

My Top Ten Values

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Elimination

Now that you have identified your top ten, imagine that you are only permitted to have five values. Which five would you give up? Cross them off. Now imagine that you are only permitted three. Which would you give up? Cross it off. Then finally cross of two to identify your core value.

My Five

1.
2.
3.
4.
5.

My Three

1.
2.
3.

My Core Value

1.