

WORKSHEET:

MY VALUES

Your values represent your highest priorities and your deepest beliefs — they are what you stand for, both personally and professionally. Values act as a reference or compass for who you are; they guide how you experience and interact with the world and the relationships you have with others.

Designed as an accompanying download for our Values Card Set, this worksheet will guide you through a process of further exploring your values. Keep it handy. It's recommended that you revisit your values regularly, as they can change over time as a result of things like, significant experiences, and shifting priorities.

Step 1 - Record the date. This is will be important, especially if things change over time.

Date:

Step 2 - List your top five values:

Step 3 - Define what each value means to you:

Step 3 - Rate how aligned your values are to your work+life (1 = Not at all aligned, 2 = Slightly aligned, 3 = Moderately aligned, 4 = Very, 5 = Extremely aligned):

Work

Life



Step 4 - Consider how you can design your work+life in a way that better aligns to your values. What are some actions you can take? For example, can you prioritise meaningful projects, or pay closer attention to the values of prospective employers? If you're a leader, do you need to demonstrate these values in a way that's clearer to your team?

Value 1	Actions

Value 2	Actions

Value 3	Actions

Value 4	Actions

Value 5	Actions

Step 5 - Reflect on this process. You might like to consider: What was it like? How did it make you feel? Was there anything that surprised you? Challenged you? What have you learnt about yourself and your strengths? Or, what is the next step you will take?