|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Value** | **Definition** | **Very Important** | **Important** | **Not**  **Important** |
| Autonomy | Defining own priorities |  |  |  |
| Challenge | Enjoying new problems to solve |  |  |  |
| Communications | Verbal/written |  |  |  |
| Contact | With people |  |  |  |
| Creativity | Opportunity to think of new ideas |  |  |  |
| Decision-making | How, who, when etc |  |  |  |
| Expert | Recognition for special skills |  |  |  |
| Family | Being an integral part of the family & spending time with them |  |  |  |
| Fast paced | Prefer working for fast paced companies |  |  |  |
| Friendship | With colleagues |  |  |  |
| Healthy | Keeping physically fit |  |  |  |
| Helping society | A ‘worthwhile’ project |  |  |  |
| Independence | Doing it your way |  |  |  |
| Integrity | Being able to be honest and loyal |  |  |  |
| Learning | Access to development opportunities |  |  |  |
| Money | High earnings are important |  |  |  |
| Peace | Few pressures/low stress in life |  |  |  |
| Pressure | Enjoy stress and working to deadlines |  |  |  |
| Promotion | Opportunities |  |  |  |
| Recognition | Respect and appreciation of efforts |  |  |  |
| Responsibility | Being accountable for outcomes |  |  |  |
|  |  |  |  |  |
| Risk-taking | Respect and appreciation of efforts |  |  |  |
| Routine | Enjoy predictable environment |  |  |  |
| Security | Of job, of finances |  |  |  |
| Time freedom | Flexible hours of work |  |  |  |
| Variety | Range of different things to do |  |  |  |
| Working with others | Prefer teamwork |  |  |  |
| Working alone | Avoid teamwork |  |  |  |

Now consider your list and in order of priority complete the following:

My top 5 values in life are:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_