

Identify your values

At first, skim through the list of values here below and mark the ones that speak to you. It doesn't matter how many you tick. Just go with your instinct.

Now go through the one you pre-identified with more attention. Think about each one of them, what they mean to you and select up to 5.

* **TIP:** Try to focus on your "work environment values". What values you would like your workplace to stand for? How should you managers behave? How should your colleagues be? What kind of person would you like to be by working in that place?

Accountability	Diligence	Humility	Security
Accuracy	Discipline	Independence	Selflessness
Achievement	Discretion	Ingenuity	Self-reliance
Adventurousness	Diversity	Inner Harmony	Sensitivity
Altruism	Dynamism	Inquisitiveness	Serenity
Ambition	Economy	Insightfulness	Service
Assertiveness	Effectiveness	Intelligence	Simplicity
Balance	Efficiency	Intuition	Soundness
Being the best	Empathy	Joy	Speed
Belonging	Enjoyment	Justice	Spontaneity
Boldness	Enthusiasm	Leadership	Stability
Calmness	Equality	Legacy	Strategic
Carefulness	Excellence	Love	Strength
Challenge	Excitement	Loyalty	Structure
Cheerfulness	Expertise	Making a difference	Success
Clear-mindedness	Fairness	Mastery	Support
Commitment	Faith	Merit	Teamwork
Community	Family-orientedness	Obedience	Temperance
Compassion	Fidelity	Openness	Thankfulness
Competitiveness	Fluency	Order	Thoroughness
Consistency	Focus	Originality	Thoughtfulness
Contentment	Freedom	Patriotism	Timeliness
Continuous Improvement	Fun	Perfection	Tolerance
Contribution	Generosity	Positivity	Traditionalism
Control	Goodness	Practicality	Trustworthiness
Cooperation	Grace	Preparedness	Truth-seeking
Correctness	Growth	Professionalism	Understanding
Courtesy	Happiness	Prudence	Uniqueness
Creativity	Hard Work	Quality-orientation	Unity
Curiosity	Health	Reliability	Usefulness
Decisiveness	Helping Society	Resourcefulness	Vision
Democracy	Holiness	Restraint	Vitality
Dependability	Honesty	Results-oriented	
Determination	Honour	Rigor	



How you live your values

Based on the values you identified, complete the table below. It will help you reflect on what each value means to you and how you can concretely live your values through your actions and the environment you are in. At the same time, you should be able to identify what situations are in contradiction with your values and, therefore, you may want to change.

Ex. Value: **EXCELLENCE**

I live this value when I step outside of my comfort zone and push myself to grow as a professional in each and every task that is assigned to me.

I am truthful to this value when I continuously update my knowledge and find new and better ways to complete my tasks in time and accurately.

* **TIP:** When completing the second half of the table, do not just use the negative sentence for the one you wrote in the previous box.

	Your values				
	_____	_____	_____	_____	_____
I live by this value by					
I am truthful to this value if					
I respect this value when					
I do not live by this value by					
I am not truthful to this value if					
I do not respect this value when					