

Values Worksheet

When you know what is most important to you, then you are more likely to get it.

You don't often get everything you want, but focusing on the things that you most value will lead to greater happiness in your life and work. Read the Values Lists below, then write Your Life Values, and Your Work Values on the lines. Use your values lists to find and connect with the work you want to do in the environment where you want to do it. You can add your own values at the bottom if they are not listed.

Your Life Values	Your Work Values

Values Lists:

Values you bring to the workplace

- Curiosity
- Learning
- Creativity
- Harmony
- Friendly
- Giving
- Artistic expression
- Adaptability
- Spirituality
- Compassionate
- Idealistic
- Security
- Responsible
- Fun
- Natural
- Competitive
- Open-minded
- Athletic
- Energetic

How and why you do your best work

- Independent:** freedom of thought and action
- Achievement:** show how you excel
- Problem-solving:** complex problems
- Innovative:** new ideas, products, services
- Expert:** Leader in your field
- Knowledge:** increase and use knowledge
- Quiet environment:** place to focus on work
- Communication:** verbal, written, with others
- Teamwork:** common goals as a group
- Helping:** Hands on with people
- Flexible:** able to change place or activity
- Advocate:** speak for other's needs
- Organized:** making things manageable
- Prestige:** credit for a job well done
- Detail oriented:** exact, punctual, careful
- Decision-making:** policies and actions
- High earnings:** opportunity to gather wealth
- Challenges:** trouble-shooting, multi-tasking
- Fast paced:** thrive on crisis and speed