



Worksheet

Understanding your professional values

This worksheet can be used to help unpack your values and motivating factors in planning your career journey.

Identifying your values

The following list of values may help you to reflect on and identify the principles that guide you, both personally and professionally. This is not an exclusive list, but is just to help you to get started. Reflect on each value in the list below and identify the values that mean the most to you. (List compiled from Brené Brown (2020), Lana Hall (2021).)

Accountability	Equality	Justice	Self-expression
Achievement	Ethics	Kindness	Self-respect
Adaptability	Excellence	Knowledge	Serenity
Adventure	Fairness	Leadership	Service
Altruism	Faith	Learning	Simplicity
Ambition	Family (extended)	Legacy	Spirituality
Attention to detail	Family (immediate)	Leisure	Spontaneity
Authenticity	Financial stability	Love	Sportsmanship
Balance	Fitness	Loyalty	Status
Beauty	Forgiveness	Making a difference	Stewardship
Being the best	Freedom	Nature	Success
Belonging	Friendship	Openness	Teamwork
Career	Fun	Optimism	Thrift
Caring	Future generations	Order	Thriftiness
Change	Generosity	Parenting	Time
Collaboration	Giving back	Patience	Tradition
Commitment	Grace	Patriotism	Transparency
Community	Gratitude	Peace	Travel
Compassion	Growth	Perseverance	Trust
Competence	Harmony	Personal fulfillment	Truth
Confidence	Health	Playful	Understanding
Connection	Home	Power	Uniqueness
Contentment	Honesty	Pride	Usefulness
Contribution	Hope	Quality	Variety
Cooperation	Humility	Recognition	Vision
Courage	Humour	Reliability	Vitality
Creativity	Inclusion	Resourcefulness	Vulnerability
Curiosity	Independence	Respect	Wealth
Dignity	Initiative	Responsibility	Wellbeing
Diversity	Integrity	Risk-taking	Wholeheartedness
Efficiency	Intuition	Safety	Wisdom
Empowerment	Job security	Security	
Environment	Joy	Self-discipline	

Do any other values come to mind for you?

Choose six values that mean the most to you from the list above or from your own list and write them below.

References

- Brené Brown (2020). Dare to Lead List of Values. <https://brenebrown.com/resources/dare-to-lead-list-of-values/>
- Lana Hall (2021). Workshop: The four pillars for avoiding burnout and increasing productivity. The slow life project. <https://theslowlifeproject.com/>

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