

Values work

Read the list of values and rank them using the scale 1-5, where:

- ☐ means “not important to me at all”
- ☐ means “I must have this to be at my best”

Next:

- List your top scoring values (score 5)
- Short-list the top 10

Then:

- Rank your top 10 in order of importance
- Divide them into “Job A” and “Job B”
- Choose your final top 5 values

Finally:

- Describe your top 5 values in detail

Values - When you align your career and your life with your values you feel more fulfilled and motivated to achieve what you set to achieve

- | | | |
|---|--------------------------------------|--|
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Encourage | <input type="checkbox"/> Perfect |
| <input type="checkbox"/> Risk | <input type="checkbox"/> Influence | <input type="checkbox"/> Discover |
| <input type="checkbox"/> Unknown | <input type="checkbox"/> Stimulate | <input type="checkbox"/> Learn |
| <input type="checkbox"/> Thrill | <input type="checkbox"/> Energise | <input type="checkbox"/> Perceive |
| <input type="checkbox"/> Experiment | <input type="checkbox"/> Contribute | <input type="checkbox"/> Uncover |
| <input type="checkbox"/> Exhilaration | <input type="checkbox"/> Improve | <input type="checkbox"/> Distinguish |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Assist | <input type="checkbox"/> Observe |
| <input type="checkbox"/> Refinement | <input type="checkbox"/> Challenge | <input type="checkbox"/> Feel |
| <input type="checkbox"/> Elegance | <input type="checkbox"/> Strengthen | <input type="checkbox"/> Experience |
| <input type="checkbox"/> Danger | <input type="checkbox"/> Facilitate | <input type="checkbox"/> To feel good |
| <input type="checkbox"/> Magnificence | <input type="checkbox"/> Provide | <input type="checkbox"/> Be with |
| <input type="checkbox"/> To catalyse | <input type="checkbox"/> Foster | <input type="checkbox"/> Energy flow |
| <input type="checkbox"/> Impact | <input type="checkbox"/> Create | <input type="checkbox"/> In touch with |
| <input type="checkbox"/> Move forward | <input type="checkbox"/> Design | <input type="checkbox"/> Lead |
| <input type="checkbox"/> Touch | <input type="checkbox"/> Invent | <input type="checkbox"/> Guide |
| <input type="checkbox"/> Change | <input type="checkbox"/> Imagination | <input type="checkbox"/> Inspire |
| <input type="checkbox"/> Unstuck others | <input type="checkbox"/> Ingenuity | <input type="checkbox"/> Cause |
| <input type="checkbox"/> Coach | <input type="checkbox"/> Originality | <input type="checkbox"/> Persuade |
| | <input type="checkbox"/> Build | |

Values are unconscious. When we don't incorporate them in our career we feel pulled in different (often conflicting) directions

At the bottom of any frustration you're likely to find a value that hasn't been honoured

Values - When you align your career and your life with your values you feel more fulfilled and motivated to achieve what you set to achieve

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> Teach | <input type="checkbox"/> Win | <input type="checkbox"/> Pleasure |
| <input type="checkbox"/> Educate | <input type="checkbox"/> Prevail | <input type="checkbox"/> Have fun |
| <input type="checkbox"/> Enlighten | <input type="checkbox"/> Accomplish | <input type="checkbox"/> Bliss |
| <input type="checkbox"/> Explain | <input type="checkbox"/> Acquire | <input type="checkbox"/> Be amused |
| <input type="checkbox"/> Relate | <input type="checkbox"/> Win over | <input type="checkbox"/> Be entertained |
| <input type="checkbox"/> Be connected | <input type="checkbox"/> Triumph | <input type="checkbox"/> Sports |
| <input type="checkbox"/> Contribute | <input type="checkbox"/> Mastery | <input type="checkbox"/> Be spiritual |
| <input type="checkbox"/> Family | <input type="checkbox"/> Expert | <input type="checkbox"/> Be aware |
| <input type="checkbox"/> Unite | <input type="checkbox"/> Dominate field | <input type="checkbox"/> Be accepting |
| <input type="checkbox"/> Nurture | <input type="checkbox"/> Superiority | <input type="checkbox"/> Honouring |
| <input type="checkbox"/> Be sensitive | <input type="checkbox"/> Greatest | <input type="checkbox"/> Be passionate |
| <input type="checkbox"/> Tenderness | <input type="checkbox"/> Set standards | <input type="checkbox"/> Unique |
| <input type="checkbox"/> Be present | <input type="checkbox"/> Excellence | <input type="checkbox"/> |
| <input type="checkbox"/> Empathize | <input type="checkbox"/> Money | <input type="checkbox"/> |
| <input type="checkbox"/> Support | <input type="checkbox"/> Create wealth | <input type="checkbox"/> |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Legacy | <input type="checkbox"/> |
| <input type="checkbox"/> Respond | | <input type="checkbox"/> |

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