

Values Cards

What do we mean by values?

“The regard that something is held to deserve; the importance, worth, or usefulness of something”.

We are all different people and as a result are likely to place value on different things. Those things may be physical in nature (like products or material goods); they might be relational (such as the service you receive or the relationships you have). Perhaps they are mental, emotional or spiritual things (such as your principles and beliefs). They could also be about the ways you like to work or operate – how you like to organise and experience your life.

There really is no end to the number of things that exist in our world, which may or may not be of value to you. Often it's difficult to separate out what really matters. If asked to state what you value in life, you may (with a good deal of thought) come out with an impossibly long list. That's normal and totally ok!

To help really understand who you are, what you want from life and how you want to experience the world, it's helpful to narrow your focus and concentrate on those values that are core to you. Your parents, a teacher, and people in your community or perhaps a set of friends may have instilled these values in you. What you value might have shaped over time, based on your experiences. Perhaps you admire a mentor or public figure and want to emulate them and stand for what they stand for? For this exercise it doesn't really matter how they came to exist – it matters, that they are important to you. When your values are trodden on, metaphorically speaking, you might scream out in pain. When your values feel lost to you, you can feel sad, angry or perhaps confused.

Knowing the values that matter most can help you 'temperature check' why life feels good or why life seems hard. And this is a great starting platform to help you focus on getting yourself into a place where you feel good – particularly in relation to your work and career.

Value cards

To help you think about what you might value, have a look at the statements on the following 40 cards. These words might say exactly what you are thinking and feeling – perhaps you might want to create some of your own values cards using the blank templates provided- you choose.

Financial Security

I value a regular income or having resources that can be relied upon

Decision authority

I value having the authority to make decisions that affect me or my work

Time freedom

I value the time freedom to work in ways that suit me; to not be tied to regular patterns or demands

Team work

I value working with other people. I like to get things done in a team environment

Excitement

I value an exciting and energized workplace where things are constantly buzzing

Peace

I value peace and serenity where there is time for reflection and calm

Social media

I value being socially connected and visible through technology

Risk taking

I value being able to take risks and seize opportunity even if it risks failure

Family

I value family relationships and putting family first

Collaboration

I value networking and sharing ideas, knowledge and experience.

Mental health

I value looking after my mental health and wellbeing. Others concern for my mental health is important to me

Environment

I value caring for our environment and treating our planet and its resources with respect

Respect

I value being treated with dignity and respect

Trust

I value being trusted to get on with things; to be believed in

Leadership

I value inspiring and leading others to a better place or higher purpose

Responsibility

I value having a duty to get something done or take ownership of a task, or team or outcome

Independence

I value the opportunity to work alone and be free to use my own resources to achieve things

Being practical

I value a hands on approach. I want to do real things and create real solutions

Social good

I value being part of an organization that is a force for social good; that works beyond the pursuit of profit

Being creative

I value being able to explore, create or bring fresh perspective to the things I'm working on.

Fairness

I value a sense of justice and fairness in the workplace

Being analytical

I value simplifying or understanding complex information (financial or conceptual)

Wealth

I value creating personal wealth for myself and my loved ones

Being influential

I value being able to influence others ideas, thoughts and actions; to persuade others to think differently

Flexibility

I value being able to do things differently or in flexible ways that suit my lifestyle

Following

I value letting others take the lead. I am happy to follow and let others take the controls

Humility

I value seeing a balanced perspective, recognizing both my strength and my weakness

Courage

I value being brave enough to speak up or act when others may fear to do so

An easy life

I value an easy life where I can sit back and relax

Staying fit

I value having the time and energy to keep my body fit and healthy

Negotiating

I value being able to negotiate to achieve an outcome that creates mutual wins

Technology

I value working with what's leading edge and the most up to date technology

Accuracy

I value getting things right and being accurate

Data

I value having and using data to inform decisions and influence others

Pressure

I value working in a pressurized environment where stress can be healthy and motivating

Stress free

I value working in an environment that is relaxed and stress free

Caring

I value working in an environment where I can care for others; their physical, emotional or mental wellbeing

Expert

I value being seen and recognized as an expert in what I do

Managing

I value managing other people, especially what gets done motivating

Personal privacy

I value keeping my personal life private and separate from the workplace

Empty box for notes.

Using the values provided (or those created by you) start by picking out the twenty statements that are most meaningful to you.

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When you have done this take those twenty statements and prioritise them using the following grid:

Somewhat important	Important
Very Important	Critically Important

Now focus on the ones you have put in the **critically important** category.

In what way are you living your values (meaning: you feel that you can 'be' or 'express' these values in what you do?)

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In what sense do others around you believe in the same values; does your manager's or organisation's values align with your own?

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What are you experiencing that might be at odds with your values?

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What can you do to embrace and live your values more, or reduce exposure to people, ways of working or thinking that are at odds with your values?

If you want learn more about your motivation, energy, personal brand and skills have a go at working through our Notebook Mentor 'Getting to know myself better'. Go to www.notebookmentor.com