What do you value?

Your core values are the things that are most important to you in life and influence the way you act, the choices you make, the way you spend your time. It is important to ensure that there is a good match between your core values and your work environment.

From the list below select the 5 – 10 values which are most important to you. Choose values which consider all aspects of your life – do not limit your responses to your current work situation. Feel free to add your own if not listed below.

- ❑ Being accepted
- ❑ Wealth
- ❑ Security
- ❑ Giving affection
- ❑ Receiving affection
- ❑ Winning
- ❑ Competition
- ❑ Helping others
- ❑ Intelligence
- ❑ Competence
- ❑ Knowledge
- ❑ Being polite
- ❑ Tolerance
- ❑ Being logical
- ❑ Physical fitness
- ❑ Physical challenge
- ❑ Showing compassion
- ❑ Being generous
- ❑ Autonomy/ Independence
- ❑ Conserving resources
- ❑ Feeling important
- ❑ Loyalty
- ❑ Being enterprising
- ❑ Being relaxed and informal
- ❑ Having fun
- ❑ Health
- ❑ Humour
- ❑ Harmony
- ❑ Punctuality
- ❑ Taking a stand for what you believe
- ❑ Justice
- ❑ Truth
- ❑ Taking risks
- ❑ Efficiency
- ❑ Commitment
- ❑ Initiative
- ❑ Talent
- ❑ Recognition
- ❑ Creativity
- ❑ Having authority
- ❑ Moral fulfilment
- ❑ Teamwork
- ❑ Integrity
- ❑ Being in control
- ❑ Professional behaviour
- ❑ Courage
- ❑ Hard work
- ❑ Material things
- ❑ Perfection
- ❑ Tradition
- ❑ Being responsible for others
- ❑ Optimism
- ❑ Being forthright
- ❑ Learning new skills and knowledge
- ❑ Reliability
- ❑ Feeling fulfilled
- ❑ Being at peace with others
- ❑ Discipline
- ❑ Trust
- ❑ Being alone
- ❑ Being respected
- ❑ Helping society
- ❑ Fast pace
- ❑ Supervising others
- ❑ Working under pressure
- ❑ Meeting deadlines
- ❑ Advancement
- ❑ Adventure
- ❑ Attention to detail
- ❑ Status
- ❑ Working alone
- ❑ Excitement
- ❑ Influence people
- ❑ Change and variety
- ❑ Challenge
- ❑ Time freedom
- ❑ Friendships
- ❑ Job tranquillity
- ❑ Balance
- ❑ Aesthetics
- ❑ Community
- ❑ Stability
- ❑ Location
- ❑ Looking good
- ❑ Excellence
- ❑ Being popular
- ❑ Doing our duty
- ❑ Quality
- ❑ Dignity
- ❑ Tenacity
- ❑ Cooperation
- ❑ Participation
- ❑
- ❑
- ❑
- ❑
- ❑