



# PERSONAL & WORKPLACE VALUE ALIGNMENT 1/2

## Values

Values are the principles you live by. All your life experiences and influences (by your family, your community, your co-workers) create your set of values.

You are driven by your values, yet those values might not reflect what you really want out of life. They may only be the things that you were taught that you want. It might therefore be worth it to look at them critically and see how many of your actions are actually connected to them.

Your values can show up differently in your **work and personal life**, but the core values are often the same in each context. Nevertheless, stay attentive and notice what might differ in each context.

1 | Look at the list of values and tick the 10 values that are most important to you.\*

- |   |  |
|---|--|
| <input type="checkbox"/> Accomplishment | <input type="checkbox"/> Intimacy            |
| <input type="checkbox"/> Abundance      | <input type="checkbox"/> Joy                 |
| <input type="checkbox"/> Achievement    | <input type="checkbox"/> Leadership          |
| <input type="checkbox"/> Adventure      | <input type="checkbox"/> Loyalty             |
| <input type="checkbox"/> Altruism       | <input type="checkbox"/> Nature              |
| <input type="checkbox"/> Independence   | <input type="checkbox"/> Openness            |
| <input type="checkbox"/> Beauty         | <input type="checkbox"/> Order               |
| <input type="checkbox"/> Caring         | <input type="checkbox"/> Personal Growth     |
| <input type="checkbox"/> Commitment     | <input type="checkbox"/> Physical Appearance |
| <input type="checkbox"/> Communication  | <input type="checkbox"/> Pleasure            |
| <input type="checkbox"/> Connection     | <input type="checkbox"/> Popularity          |
| <input type="checkbox"/> Contribution   | <input type="checkbox"/> Power               |
| <input type="checkbox"/> Creativity     | <input type="checkbox"/> Privacy             |
| <input type="checkbox"/> Mental Health  | <input type="checkbox"/> Professionalism     |
| <input type="checkbox"/> Environment    | <input type="checkbox"/> Recognition         |
| <input type="checkbox"/> Excellence     | <input type="checkbox"/> Respect             |
| <input type="checkbox"/> Fairness       | <input type="checkbox"/> Romance             |
| <input type="checkbox"/> Family         | <input type="checkbox"/> Security            |
| <input type="checkbox"/> Flexibility    | <input type="checkbox"/> Self-Care           |
| <input type="checkbox"/> Freedom        | <input type="checkbox"/> Self-Realization    |
| <input type="checkbox"/> Friendship     | <input type="checkbox"/> Sensuality          |
| <input type="checkbox"/> Fulfillment    | <input type="checkbox"/> Service             |
| <input type="checkbox"/> Fun            | <input type="checkbox"/> Spirituality        |
| <input type="checkbox"/> Honesty        | <input type="checkbox"/> Trust               |
| <input type="checkbox"/> Humility       | <input type="checkbox"/> Transparency        |
| <input type="checkbox"/> Humor          | <input type="checkbox"/> Vitality            |
| <input type="checkbox"/> Integrity      | <input type="checkbox"/> Wealth              |

## 2 | My Top 10 Values

Rate each of your identified values on a scale from 1 to 10 based on its importance in your life (1=not at all; 10=extremely).

Then rate each value based on how often you put it into action (1=never; 10=always).

My Values	Rating Importance (1-10)	Rating Actions 1-10

## 3 | My Top 5 Values

Highlight your Top 5 Values that are most important to you and are found in most of your actions. (Fill them on the next page.)

\* This list is by not exhaustive, please add what might be missing in your list.



# PERSONAL & WORKPLACE VALUE ALIGNMENT 2/2

## 4 | My Top 5 Values

Enter the Values that you identified on the previous page






## 5 | Values of my workplace

Identify 5 Values from the list that are taken seriously in your workplace.






Use this list to identify values of your workplace.\*

- Accomplishment
- Abundance
- Achievement
- Adventure
- Altruism
- Independence
- Beauty
- Caring
- Commitment
- Communication
- Connection
- Contribution
- Creativity
- Mental Health
- Environment
- Excellence
- Fairness
- Family
- Flexibility
- Freedom
- Friendship
- Fulfillment
- Fun
- Honesty
- Humility
- Humor
- Integrity
- Intimacy
- Joy
- Leadership
- Loyalty
- Nature
- Openness
- Order
- Personal Growth
- Physical Appearance
- Pleasure
- Popularity
- Power
- Privacy
- Professionalism
- Recognition
- Respect
- Romance
- Security
- Self-Care
- Self-Realization
- Sensuality
- Service
- Spirituality
- Trust
- Transparency
- Vitality
- Wealth

\* This list is not exhaustive, please add what might be missing to your list.

## 6 | Comparing Personal Values with Workplace Values

Rate each of the values that you identified for your workplace on a scale from 1 to 10 based on how well they correspond to you and your set of values (1=not at all; 10=extremely). Then explain your insights.

Workplace Values	Rating 1-10	My Insight

## 7 | Conclusion

What I learned from this exercise?

What is my conclusion?

What is one step I can take after this learning to create more alignment?