IDENTIFYING YOUR VALUES

Getting clear on your values can be a big help as you explore career possibilities or begin a job search. Values are a way of describing what is most important to you and can be used to guide your decision making. Here's an activity you can try, if you want to identify or clarify your values:

- Write down about 10 values that are meaningful to you. You can use the value words below to start your thinking. Add any that are missing for you.
- Next, narrow down your list of values to your **top 3.**
  PRO TIP: If you're having a hard time narrowing, try comparing two values on your short list and ask yourself, *"if I could only satisfy one of these which would I choose?"*
- Once you have your top three, write yourself a definition. What does the value mean to you? What does it look like in action?

SAMPLE VALUES LIST

Accountability	Courtesy	Faith	Joy	Self-Reliance
Accuracy	Creativity	Family	Justice	Sensitivity
Achievement	Curiosity	Fitness	Leadership	Serenity
Adventurousness	Decisiveness	Focus	Legacy	Service
Ambition	Democracy	Freedom	Love	Simplicity
Assertiveness	Dependability	Fun	Loyalty	Speed
Balance	Determination	Generosity	Mastery	Spontaneity
Being the best	Devoutness	Goodness	Obedience	Stability
Belonging	Diligence	Growth	Openness	Strategic
Boldness	Discipline	Happiness	Order	Strength
Calmness	Discretion	Hard Work	Originality	Structure
Carefulness	Diversity	Health	Positivity	Success
Challenge	Efficiency	Helping Society	Practicality	Support
Cheerfulness	Elegance	Holiness	Preparedness	Teamwork
Commitment	Empathy	Honesty	Professionalism	Thankfulness
Community	Enthusiasm	Honour	Reliability	Thoroughness
Compassion	Equality	Humility	Resourcefulness	Thoughtfulness
Competitiveness	Excellence	Independence	Restraint	Timeliness
Consistency	Excitement	Ingenuity	Results-Oriented	Trustworthiness
Contribution	Expertise	Inner Harmony	Rigor	Truth-Seeking
Control	Exploration	Insightfulness	Security	Uniqueness
Cooperation	Expressiveness	Intelligence	Self-Control	Unity
Correctness	Fairness	Intuition	Selflessness	Vision

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My core values:	Definition: What does this value mean to me?	How is this value expressed in my life? *How does/could this value show up in my day-to-day?* *How might this value present in a work setting?*	Where does this value come from? *Are there influences in my life that have made this a core value? (e.g. people, experiences, beliefs, etc.)*

Confirm Your Top 3 Core Values

For each value, ask yourself:

- *Can I describe what this value means to me?*
- *Am I comfortable with, and confident in, sharing my values with people I respect and admire?*
- *Do these values represent things I support, even if my choices aren't popular?*