

# Values Reflection Exercise



From the list below, check the 10 values that you feel are personally most important to you:

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|--|---|--|---|--|
| <input type="checkbox"/> Success           | <input type="checkbox"/> Family         | <input type="checkbox"/> Humanity      | <input type="checkbox"/> Connecting to others | <input type="checkbox"/> Health          |
| <input type="checkbox"/> Kindness          | <input type="checkbox"/> Responsibility | <input type="checkbox"/> Equity        | <input type="checkbox"/> Proficiency          | <input type="checkbox"/> Excellence      |
| <input type="checkbox"/> Goodness          | <input type="checkbox"/> Flexibility    | <input type="checkbox"/> Beauty        | <input type="checkbox"/> Competition          | <input type="checkbox"/> Honesty         |
| <input type="checkbox"/> Happiness         | <input type="checkbox"/> Freedom        | <input type="checkbox"/> Clearness     | <input type="checkbox"/> Cooperation          | <input type="checkbox"/> Humor           |
| <input type="checkbox"/> Attainment        | <input type="checkbox"/> Contentment    | <input type="checkbox"/> Commitment    | <input type="checkbox"/> Creativity           | <input type="checkbox"/> Humility        |
| <input type="checkbox"/> Exploration       | <input type="checkbox"/> Friendship     | <input type="checkbox"/> Communication | <input type="checkbox"/> Learning             | <input type="checkbox"/> Independence    |
| <input type="checkbox"/> Aesthetic         | <input type="checkbox"/> Fun            | <input type="checkbox"/> Community     | <input type="checkbox"/> Environment          | <input type="checkbox"/> Customer        |
| <input type="checkbox"/> Relationship      | <input type="checkbox"/> Change         | <input type="checkbox"/> Power         | <input type="checkbox"/> Quality              | <input type="checkbox"/> Integrity       |
| <input type="checkbox"/> Accountability    | <input type="checkbox"/> Autonomy       | <input type="checkbox"/> Love          | <input type="checkbox"/> Peace                | <input type="checkbox"/> Openness        |
| <input type="checkbox"/> Inclusion         | <input type="checkbox"/> Intimacy       | <input type="checkbox"/> Leadership    | <input type="checkbox"/> Personal Growth      | <input type="checkbox"/> Order           |
| <input type="checkbox"/> Moral fulfillment | <input type="checkbox"/> Joy            | <input type="checkbox"/> Leisure       | <input type="checkbox"/> Appearance           | <input type="checkbox"/> Patience        |
| <input type="checkbox"/> Nature            | <input type="checkbox"/> Justice        | <input type="checkbox"/> Loyalty       | <input type="checkbox"/> Courage              | <input type="checkbox"/> Partnership     |
| <input type="checkbox"/> Respect           | <input type="checkbox"/> Privacy        | <input type="checkbox"/> Serving       | <input type="checkbox"/> Trust                | <input type="checkbox"/> Security        |
| <input type="checkbox"/> Romance           | <input type="checkbox"/> Prestige       | <input type="checkbox"/> Spirituality  | <input type="checkbox"/> Truth                | <input type="checkbox"/> Self-expression |
| <input type="checkbox"/> Safety            | <input type="checkbox"/> Recognition    | <input type="checkbox"/> Diversity     | <input type="checkbox"/> Variety              | <input type="checkbox"/> Collaboration   |
| <input type="checkbox"/> Wealth            | <input type="checkbox"/> Wisdom         | <input type="checkbox"/> Knowledge     | <input type="checkbox"/> Efficiency           | <input type="checkbox"/> Vitality        |
| <input type="checkbox"/> Innovation        | <input type="checkbox"/> Helping        | <input type="checkbox"/> Influence     | <input type="checkbox"/> Team Work            | <input type="checkbox"/> Risk Taking     |
| <input type="checkbox"/> Positivity        | <input type="checkbox"/> Authority      | <input type="checkbox"/> Spontaneity   | <input type="checkbox"/> Fairness             | <input type="checkbox"/> Hierarchy       |
| <input type="checkbox"/> Empowerment       | <input type="checkbox"/> Ethics         | <input type="checkbox"/> Compassion    | <input type="checkbox"/> Prosperity           | <input type="checkbox"/> Productivity    |
| <input type="checkbox"/> Idealism          | <input type="checkbox"/> Compliance     | <input type="checkbox"/> Optimism      | <input type="checkbox"/> Professionalism      | <input type="checkbox"/> Balance         |

If there are value(s) that are important to you and not listed, please write them in the space below:

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Decide on **your top five** values – what is most important to you?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

List the guiding values of your unit/division and organization:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## Important Reflection and Considerations:

**1.** Are your values similar or different from your organization?

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**2.** Are your values similar or different to the people you work with?

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**3.** In which areas of your work do you feel as though you can operate within your values? What is that like for you?

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4. Are there areas of work where you feel it is difficult to operate within your values?  
What is that like for you?

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5. Are there things that you do to bring your personal values and work values into greater alignment?

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6. Are there things that the company can do to better align personal values and company values?

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# brivia

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