

Tool of the Moment 1: Values

Using the commonly held values list below select the three most important values to you in your life, (not just related to work). Your values are personal to you and don't tend to change, therefore considering which values are important to you is critical in ensuring you have the motivation to achieve, and this is also a great exercise to support teams in understanding each other better.

Commonly held values list:

Affiliation
Independence
Achievement
Stability
Job tranquillity
Fame
Quality
Loyalty
Helping others
Exercise competence
Customer contact
Health
Precision work
Order
Fast pace

Creative expression
Challenging problems
Recognition
Adventure
Competition
Flexibility
Integrity
Friendship
Status
Work alone
Balance
Frontiers of knowledge
Power and authority
Security
Work with others
Aesthetics

Fun
Responsibility
Spirituality
Job satisfaction
High earnings
Physical challenge
Family happiness
Fairness
Pressure
Time freedom
Personal development
Participation
Excitement
Change and variety



Value 1	
Value 2	
Value 3	

Now spend a few moments thinking about how these values are supported by in your life/work or in the team you are a part of. What can you do right now, which will move you one step closer to living your values on a daily basis?