

Tuning In to Your Individual Values

Chapter 2: Career

Values are the ideals you think are essential for a good life. They're guiding principles you feel proud to live out, beliefs you're willing to fight for. They're (hopefully) how you decide priorities. And, when you use them to decide priorities, you're more likely to live a fulfilled life. To help you tune into your individual values, answer the following questions.

Using examples from your career and personal life, think of the times you felt happiest.

What were you doing?

Who were you with?

What else was involved that contributed to the feelings of happiness?

Next, think of the times you were most proud, again using career and personal examples.

Why were you proud?

Who else shared in your pride?

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What else was involved that contributed to the feelings of pride?

Next, think of the times you were most fulfilled.

What need or desire was fulfilled?

How and why did the experience give your life meaning?

What other factors contributed to your feelings of fulfillment?

Finally, think of the times you felt most physically energized, at peace, or full of vitality and “flow.”

What were you doing?

Who were you with?

What else was involved that contributed to the feelings of energy, peace, and flow?

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Based on your experiences with happiness, pride, fulfillment, and embodied cognition, consider which sorts of values drive those feelings. For example, if you feel most energized while writing, painting, or making music, perhaps creativity is one of your core values. Or maybe if you feel most proud, fulfilled, and at peace when helping out at a senior center, one of your core values is service.

Here's a list of values that people commonly associate with:

ACCOUNTABILITY	EXCITEMENT	PERFECTION
ACCURACY	EXPERTISE	PIETY
ACHIEVEMENT	EXPLORATION	POSITIVITY
ADVENTUROUSNESS	EXPRESSIVENESS	PRACTICALITY
ALTRUISM	FAIRNESS	PREPAREDNESS
AMBITION	FAITH	PROFESSIONALISM
ASSERTIVENESS	FAMILY	PRUDENCE
BALANCE	FIDELITY	QUALITY
BEING THE BEST	FITNESS	RELIABILITY
BELONGING	FLUENCY	RESOURCEFULNESS
BOLDNESS	FOCUS	RESTRAINT
CALMNESS	FREEDOM	RESULTS
CAREFULNESS	FUN	RIGOR
CHALLENGE	GENEROSITY	SECURITY
CHEERFULNESS	GOODNESS	SELF-ACTUALIZATION
CLEAR-MINDEDNESS	GRACE	SELF-CONTROL
COMMITMENT	GROWTH	SELFLESSNESS
COMMUNITY	HAPPINESS	SELF-RELIANCE
COMPASSION	HARD WORK	SENSITIVITY
COMPETITIVENESS	HEALTH	SERENITY
CONSISTENCY	HELPING SOCIETY	SERVICE
CONTENTMENT	HOLINESS	SHREWDNESS
CONTINUOUS IMPROVEMENT	HONESTY	SIMPLICITY
CONTRIBUTION	HONOR	SOUNDNESS
CONTROL	HUMILITY	SPEED
COOPERATION	INCLUSION/INCLUSIVITY	SPONTANEITY
CORRECTNESS	INDEPENDENCE	STABILITY
COURAGE	INGENUITY	STRATEGY
COURTESY	INNER HARMONY	STRENGTH
CREATIVITY	INNOVATION	STRUCTURE
CURIOSITY	INQUISITIVENESS	SUCCESS
DECISIVENESS	INSIGHTFULNESS	SUPPORT
DEMOCRACY	INTELLIGENCE	TEAMWORK
DEPENDABILITY	INTELLECTUAL STATUS	TEMPERANCE
DETERMINATION	INTUITION	THANKFULNESS
DEVOUTNESS	JOY	THOROUGHNESS
DILIGENCE	JUSTICE	THOUGHTFULNESS
DISCIPLINE	LEADERSHIP	TIMELINESS
DISCRETION	LEGACY	TOLERANCE
DIVERSITY	LIFE FLEXIBILITY	TRADITIONALISM
DYNAMISM	LOVE	TRUSTWORTHINESS
ECONOMY	LOYALTY	TRUTH-SEEKING
EFFECTIVENESS	MAKING A DIFFERENCE	UNDERSTANDING
EFFICIENCY	MASTERY	UNIQUENESS
ELEGANCE	MERIT	UNITY
EMPATHY	OBEDIENCE	USEFULNESS
ENJOYMENT	OPENNESS	VISION
ENTHUSIASM	ORDER	VITALITY
EQUALITY	ORIGINALITY	
EXCELLENCE	PATRIOTISM	

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As you consider how your experiences dovetail with the values listed here, circle or write down the ones that best describe you. If your list is long, narrow it down to the three to five that feel most resonant.

From there, reality test them by asking questions like:

Would my closest friends, unprompted, say these were the ideals that mean the most to me?

Would I support these ideals even if my choice wasn't popular and it put me in the minority?

Am I prioritizing my work, and my life, according to these values today?

Another great way of knowing if you're on the right track is to test them against each other. For example, if you list adventurousness as your top value, consider whether you'd be willing to go on a once-in-a-lifetime three-month trip even if it meant losing out on a fantastic career opportunity? If not, is adventurousness really your top value?

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book