

# Identifying Your Values

In this module we're going to come up with a list of values that you want your career to satisfy.

When you are unhappy in your career, you'll often find it's because your career is conflicting with one of your core values.

**ACTION: I want you to answer the following questions and make a list of 20 different things that are important to you about your career.**

## What's important to you about your Job/Career?

It's important that you are as honest as possible, and you don't filter anything just because you don't think it looks good to have it on the list. For example, money might be important to you, if it is put it on the list. Most of the time, money is trying to satisfy a different value other than something like status, sometimes we want money to provide for our family or give us the things that'll make us happy.

And when you get to 15, I want you to ask the following question...

## What would make you leave your job?

I want you to come up with a further 5 things.

But with these 5 things, once you've discovered what makes you want to leave.

I want you to flip them into the positive version of that statement.

For example, if you said that a rude boss would make you leave.

Then you would change it to

"A boss that respects me."

Once you've done this you should have a list of 20 different things that are important to you.

If you are struggling with this one here's a few common examples I see...

A Career that...

Makes me happy.

- Offers a salary of £X.
- Is no further than 30 minutes from my home.
- Involves working as part of a team.
- Will help me grow and develop
- Is 9-5, Mon - Fri.
- Offers great work-life balance.
- Has more meaning or makes a difference.

- Allows me to provide for my family.
- Let's me be creative.

Right, so by this point you should now have a pretty big list.

But we now want to cut that list down a little to make it manageable.

**ACTION: I want you to rate them by importance (number 1 being the most important to you).**

And after you've done this?

Take your top 10 things.

And I want you to challenge the items on your list.

"Could you have X without X?"

Could you have "item 2" without "item 6"?

You want to identify if your top 10 really are in the correct order.

For example, could you have...

- More flexible hours with less salary?
- Less happiness for more fulfilment?
- Further to drive to work but more salary?

This step is really important, so don't skip it!

Most of the time peoples top 3 change when challenging the different items on their top 10.

I've had many clients realise that something they thought was important all their life...

Ends up being less important than another aspect they have often overlooked.

So, they end up changing their top 10 many times.

**BONUS ACTION: Try and identify what core value you are trying to satisfy with each item on your list. The deeper you get the more you will understand about yourself.**

- £X salary – could be satisfying your value for **status** or maybe you want to provide for your **family**?
- Working 9am to 5pm – could be satisfying your value for **flexibility/freedom** or it could again mean you want to be around for your **family**?
- Working as part of a team – could be satisfying your value for friendship or maybe s

## Values

No	Value
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	