

# INDIVIDUAL VALUES WORKSHEET

Read through this list of work values. Put a tick next to any which are really important to you at work. There are some blank ones if you'd like to write your own.

Achievement	Competence	Respect	Prosperity	Contribution	Independence
Variety	Harmony	Love	Productivity	Discipline	Dependability
Fun	Autonomy	Wisdom	Connection	Creativity	Intelligence
Growth	Innovation	Truth	Power	Recognition	Curiosity
Trust	Open-Mindedness	Strength	Loyalty	Status	Certainty
Challenge	Simplicity	Spirituality	Hope	Honesty	Equality
Teamwork	Abundance	Service	Health	Flexibility	Quality
Communication	Effectiveness	Security	Balance	Aesthetics	Courage
Friendship	Decisiveness	Risk Taking	Difference	Fairness	Happiness

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Write out the values you have ticked on this page.  
Now reduce them down to no more than 5 work values.

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Finally, write them out here in order of importance, 1 being the most important work value to you. This value is so important that if it is not fulfilled you may leave or at the very least be very demotivated.

Value 1:

Value 4:

Value 2:

Value 5:

Value 3: