

## Values Inventory II

Values are the intangible guiding principles and goals that bring meaning to your work and motivate your involvement and commitment. Some values shift as you mature and grow, but most guide your choices throughout a lifetime.

If your situation now is at odds with your values, you may produce easily enough, but you won't feel good about it. You'll feel a gut conflict, an unsettling doubt about whether you're doing the right thing. However, if your situation is consistent with your values, you'll feel motivated to do more, even if the work itself is difficult. You'll want to accomplish your goals in order to express that value.

Answer the following four questions:

1. In what way have your values changed in the last five years? Which values are more/less important to you now?

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2. Which values are being satisfied in your current situation? And which values are not being satisfied, or are in actual conflict?

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3. Which values would you like to satisfy more in your current situation? If they cannot be satisfied at work, how can you satisfy that need in off-the-job activities?

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4. Which five of your most important personal values do you hold most sacred ... that is, which of them could you not live without in your job/workplace?

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