

DECIDING YOUR VALUES – EXERCISE

Firstly print off the list of values and cut them along the lines to give you a set of values cards.

Step	
1	Print off the list of values and cut them along the lines to give you a set of values cards.
2	Sort through the values cards, discarding those that don't hold any meaning for you and keeping the ones that do.
3	Sort the "keep" pile into clusters of cards that mean something similar to you. For example, you might group KNOWLEDGE, WISDOM and LEARNING together if they mean the same thing to you.
4	Once you have your clusters, sort through each pile and decide the card that is the best fit to describe that cluster. It is quite ok if you decide that you have two words, or even decide that your cluster needs to divide into two clusters.
5	Discard all cards you are not keeping as representing the cluster.
6	You should now have around 5-10 cards left.
7	Now start with one card and place it in front of you. Take another card and compare them. Which is most important? Place the most important card at the top and the other underneath.
8	Continue to compare cards from your hand with the list, determining for each value where it sits in your list of importance.
9	When you have your final list, ranked in order of importance, you keep the top 5-7 and discard the rest. The cards you have kept represent your values.
10	It is important to reflect on what your values mean – my definition of PROFESSIONALISM is likely to be very different to yours. If you want to communicate your values to others, it is crucial to explain what they mean to you.