

ACP | THE CAREER RESET

YOUR VALUES



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THE CAREER RESET

Your Values Are Your Life Lens



Your values are your LIFE LENS. They drive your purpose, your belief system and how you make decisions.

As part of the B.I.G. Future Focus process, I is for Identity.

This process is to ensure that you make choices about the values the future version of you uses ... amplifies... embodies as you make your goal a reality.

You will start with a big list of values, narrow down to your top 5-10 values and then decide what you want each of those values to mean to you.

CHOOSE YOUR VALUES

The first exercise is to review the long list of values. Select all the values that resonate with you. Go with your gut. Check as many as you like. If you have a value that's not on the list, add it. You are not confined to this list. It's simply meant as a thought starter.

You may also find that some of the values sound similar to you, e.g. wealth and money or honesty and integrity. Don't worry about choosing one vs. another. You get to decide what each value means to you.

Accomplishment	Gratitude	Respect
Accountability	Growth	Responsiveness
Accuracy	Hard work	Results
Authenticity	Harmony	Risk-taking
Authenticity	Honesty	Safety
Balance	Honour	Satisfying others
Beauty	Humanity	Security
Calm	Independence	Self-Appreciation
Challenge	Inner Peace	Self-Care

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|---------------|-----------------|---------------------|
| Change | Innovation | Self-Control |
| Cleanliness | Integrity | Self-Reliance |
| Collaboration | Intimacy | Service (to others) |
| Commitment | Joy | Simplicity |
| Communication | Justice | Skill |
| Community | Knowledge | Speed |
| Compassion | Leadership | Spirituality |
| Competence | Love | Stability |
| Competition | Loyalty | Status |
| Cooperation | Money | Stewardship |
| Creativity | Participation | Strength |
| Decisiveness | Peace | Success |
| Democracy | Personal Growth | Teamwork |
| Discipline | Playfulness | Timeliness |
| Ease | Pleasure | Tolerance |
| Efficiency | Positivity | Tradition |
| Empowerment | Power | Tranquility |
| Energy | Practicality | Trust |
| Equality | Preservation | Truth |
| Excellence | Privacy | Unity |
| Fairness | Progress | Understanding |
| Faith | Prosperity | Variety |
| Family | Punctuality | Wealth |
| Focus | Purpose | Wisdom |
| Freedom | Obedience | |
| Friendship | Quality | |
| Fun | Recreation | |
| Good will | Regularity | |
| Goodness | Resourcefulness | |

WHAT OTHER VALUES WOULD YOU ADD TO YOUR LIST?

CHOOSE YOUR VALUES

Before you narrow your list of values, explore your patterns of behaviours. This will direct you to which values show up the most.

WHERE DO YOU SPEND MOST OF YOUR TIME (AND LIKE IT)?

WHAT DO YOU LOOK FORWARD TO DOING?

BEYOND YOUR BILLS, WHERE DO YOU SPEND YOUR MONEY?

WHERE DO YOU SPEND YOUR ENERGY?

WHAT VALUES DO YOU NOTICE SO FAR?

WHAT ARE YOU DOING WHEN TIME FLIES OR YOU'RE SO INTO IT THAT YOU LOSE TRACK OF TIME?

WHAT ARE YOUR PET PEEVES?

WHAT ARE SOME OF THE RITUALS IN YOUR LIFE?

WHAT VALUES DO YOU NOTICE SO FAR?

IF YOU WERE ASKED TO GIVE A COMMENCEMENT SPEECH AT A COLLEGE OR UNIVERSITY, WHAT VALUES WOULD YOU LIKE TO SHARE WITH THEM?

WHAT WOULD THE PEOPLE WHO KNOW YOU SAY YOUR VALUES ARE (EVEN IF THEY'RE NOT RIGHT)?

IF YOU HAD ALL THE MONEY IN THE WORLD, WHAT WOULD YOU KEEP DOING?

WHAT UPSETS YOU MOST ABOUT THE WORLD AND WHY?

WHAT ARE YOU MOST GRATEFUL FOR AND WHY?

WHAT OTHER VALUES ARE YOU NOTICING?

BASED ON THESE QUESTIONS, WHAT WOULD YOU SAY ARE CURRENTLY YOUR TOP VALUES (10 MAX)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

WHAT ARE THEY VALUES OF THE FUTURE VERSION OF YOU?

Consider if some are the same, same but slightly different, or different altogether.

FOR EACH OF THESE FUTURE VALUES, DESCRIBE WHAT THEY MEAN TO YOU.

Your descriptions don't need to be perfect. Brainstorm some thoughts for each value.

NAME OF VALUE	MEANING
<i>Example:</i>	
ACCEPTANCE	<i>My value of acceptance means I let people be who they are and don't try to change them into what I want them to be.</i>
COMMITMENT	<i>My value of commitment means I always do what I say I'm going to do.</i>



Daily Journaling Prompts



It is recommended to get into the habit of journaling every day. The purpose of journaling is to teach you to get aware of your thoughts.

Some people think they can become aware of their thoughts without journaling. **That is a thought error.** The act of writing down your thoughts releases thoughts below the surface; thoughts that you didn't know were there.

Most people avoid journaling because they don't want to explore their thoughts. It can be an uncomfortable process. But remember DISCOMFORT IS THE PRICE OF YOUR GOAL. We don't grow without discomfort.

If you are someone who's never journaled before, start slowly. Journal for 3-5 minutes a day. Use the prompts to help you get started. And don't worry if your sentences make sense or if there is structure to your thinking.

Just write.

DAY 1: What thoughts came up for you after watching the video?

DAY 2: If I could change one thing about my performance/style it would be _____ and here's why and how I would change it.

DAY 3: These are some of the things I've been noticing about my thinking recently.

DAY 4: Pick a person you really admire and describe what you admire about them.

DAY 5: List something you're proud you accomplished this week. Why are you proud of it?

DAY 6: This is what I believe about my ability to achieve my career goals.

DAY 7: What are my thoughts about time?