



“My Life Portrait” – Personal Values

Values answers the question – **“How am I going to behave?”**

Personal values are enduring beliefs or principles you seek to attain. They define what is fundamentally important to you. They guide your personal and work behaviors, decision-making, contribution, and interpersonal interaction. Your values guide your decisions about priorities in your daily work and home life. Your goals and life purpose are grounded in your values.

Examples of values would include the following:

Ambition	Competency	Individuality	Integrity
Service	Responsibility	Accuracy	Respect
Dedication	Excellence	Trust	Diversity
Improvement	Enjoyment / Fun	Loyalty	Credibility
Honesty	Innovativeness	Teamwork	Accountability
Quality	Efficiency	Dignity	Stewardship
Collaboration	Empathy	Courage	Wisdom
Independence	Security	Challenge	Influence
Learning	Compassion	Friendliness	Generosity
Discipline	Persistency	Optimism	Flexibility
Health	Peace	Patience	Relationships
Family	Friends	Justice	Ethics
Truth	Dependability	Sincerity	Spirituality

Living your values is one of the most powerful tools available to you to help you be the person you want to be, to help accomplish your goals and dreams, and to help you lead and influence others.

To be useful, values need to be identified with a definition and in terms of specific behaviors. Sample Values:

Value – Integrity

Definition: Doing the right thing for my family, my friends, and co-workers.

Behaviors: I say what I'll do and do what I say. I accept responsibility for my actions. I apply policies and procedures consistently.

Value – Continuous Improvement

Definition: Unending search for doing things better, faster, and more efficiently

Behaviors: I am flexible. I continually challenge myself and my peers to improve the work we do. I take risks and share what I learn.

Value – Agility

Definition: Being adaptable and flexible to do whatever is necessary to succeed

Behaviors: I act with a sense of urgency. I am not intimidated by the need for change. I am quick to embrace new challenges.

To help you select your top 3-5 personal values reflect on how your react to different situations in life. What causes you to wince, well up with pride, make you angry, or prompt you to take action? Identify these gut reactions and then clarify the 3-5 personal values that are most important to you and that you never compromise for short-term gain or expediency.

1. Value: _____

Definition: _____

Behaviors: _____

2. Value: _____

Definition: _____

Behaviors: _____

3. Value: _____

Definition: _____

Behaviors: _____

4. Value: _____

Definition: _____

Behaviors: _____

5. Value: _____

Definition: _____

Behaviors: _____
