



Defining Your Values:

Step 1: Think back to a time you remember feeling most accomplished and affirmed. Then answer these questions. (Use examples from both your career and personal life.)

1. What were you doing?

2. Who were you with?

3. What factors contributed to your satisfaction/fulfillment/confidence and being in a good place?

Step 2: Think of times throughout your career and personal life when you felt most proud. Then answer the following:

1. Why were you proud?

2. Did other people share your pride? Who?

3. What other factors contributed to your feelings?

Step 3: Identify a time when you felt most fulfilled and successful.

1. What need or desire was fulfilled?

2. How and why did the experience give your life meaning?

3. What other factors contributed to your feelings of fulfillment?

Step 4: Now using your answer to the 3 steps, look through this list and note your 10 values.

https://www.qualitycharters.org/wp-content/uploads/2016/10/Hiring-For-Fit_Values-List.pdf

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Step 5: Let's make sure the values you've chosen fit your life and vision for yourself.

1. Do these values make you feel good about yourself? _____
2. Are you proud of your top three values? _____
3. Would you be comfortable and proud to tell your values to people you respect and admire?

4. Do these values represent things you would support, even if your choice isn't popular and it puts you in the minority?

If you are still struggling with a list, here are some additional questions to help with clarity:

1. How do I respond to hardship or good fortune?

2. Who are my closest friends?

3. How do I treat others around me?

Step 6: How do your current goals align with your values?

1. Are you living according to your values in your life as a whole? In the moment, do you react to situations in ways that align with your values?

2. Does your career choice reflect your values?

3. How about your activities outside of work?

4. Are you spending your time on things that matter to you? _____

**3Share your values with us on our social media @jjbogear
or drop us an email at jjbogear@legacyc3.com.**