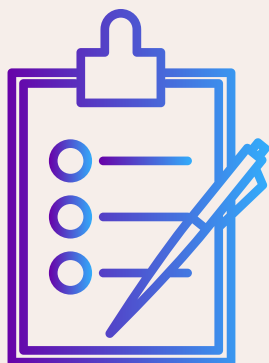


Discover Your Values

FOLLOW THESE FOUR STEPS AND BEGIN YOUR SEARCH FOR A JOB YOU'LL LOVE

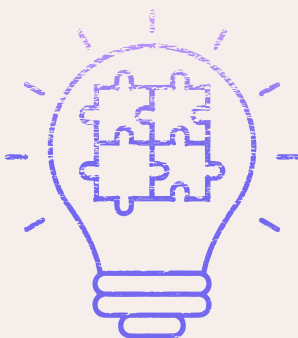


IDENTIFY YOUR MOST IMPORTANT VALUES

Type 'values checklist' into your search engine and select a checklist that you are happy to complete. Think about what each value means to you as you go through the checklist. What place does it have in your life right now? How significant is it to you?

WHEN WERE YOU AT YOUR HAPPIEST?

Make a list of occasions and activities (from your personal life and from your work experience) that you have enjoyed the most and that were really positive experiences for you. What values can be found in these situations? They may reflect some or all of those important values on your checklist (or you may now have a few more to add to your list).



HOW DO YOU WANT TO LIVE YOUR LIFE?

Take each aspect of your life (e.g. work, finances, leisure time, relationships etc.) and think about how you would like your values to be present or reflected in these areas. What specific activities do you want to be doing? How are you going to stay true to your values?

PRIORITISE YOUR LIST OF VALUES

As you move on to your job search, narrow your list of values down to your top 5 'must have' values. To help you prioritise, take two values at a time and decide which one you would rather have in your life or imagine you have a budget and can only spend a certain amount on each value. How much would you assign to each value?



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