

#6 Values & Career Change

STEP 1: Answer the following questions

If there were just three rules that EVERYONE would have to follow what would they be?

What do you stand for?

Think about times you have gotten angry/upset/irritated. What value/s were not being met?

What would you risk your reputation over?

Who do you admire? What specifically about them do you admire, what do they represent?

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STEP 2: Review your answers

What core values can you identify from your answers? E.g., Freedom, Authenticity, etc.

STEP 3: Prioritize your core values

Make a list of at least 5 core values you can refer to when you have to make any life decisions

STEP 4: Occasionally check your value list

Ask yourself - do those values still feel good to me? Do they fill me with integrity?