

Vet to Vet Coaching

Let's Get To Work

Values Clarification

Identifying Core Values

OVERVIEW & PURPOSE

As human beings, we are driven by values, whether we recognize them or not. These values can change over time, as our circumstances change or as we accumulate experience and wisdom.

It is important to acknowledge that there aren't "good" or "bad" values or "better" and "best" values.

Primary Values Identification and Ranking

1. Read through the lists of values (on last two pages).
2. Add any additional values that come to mind
3. Highlight 15-20 values that you find interesting, intriguing, or that resonate.
4. Next, highlight your top THREE to FIVE values
5. On the following page, rank and list them in order, 1 through 5 (or 3).

Secondary Values Identification

1. Review all of the values that you highlighted.
2. List EIGHT to TEN of those that are important to you but not primary values.

Questions to Consider (After completing the Values Clarification)

1. Briefly, describe how **one** of your top five values informs your day to day work?
2. Is there a value that is important to you but you struggle to implement / act on in work or elsewhere in your life?
3. Values change over time. What is a value you currently hold that wasn't as important to you three to five years ago?
4. Is it possible to work *well* with someone who does not share your values?

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WorkSheet

My Primary Values

1. _____
2. _____
3. _____
4. _____
5. _____

My Secondary Values

6. _____
7. _____
8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

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Core Values List

Authenticity
Achievement
Adventure
Authority
Autonomy
Accountability
Adaptability
Altruism
Ambition
Balance
Beauty
Boldness
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Challenge
Citizenship
Community
Determination
Dignity

Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Fame
Family
Financial stability
Forgiveness
Freedom
Friendship
Future
Fun
Growth
Generations
Generosity
Giving back
Grace
Gratitude
Happiness
Honesty
Humor
Harmony
Health
Home
Hope
Humility
Influence
Inner Harmony
Inclusion
Independence

Initiative
Integrity
Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Meaningful Work
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance
Personal fulfillment
Power
Pride
Pleasure
Poise
Popularity
Recognition
Religion
Reputation
Respect

Responsibility
Reliability
Resourcefulness
Risk -taking
Security
Safety
Self-discipline
Self-expression
Self-respect
Serenity
Simplicity
Sportsmanship
Stewardship
Service

Spirituality
Stability
Success
Status
Teamwork
Thrift
Time
Tradition
Travel
Trust
Trustworthiness
Truth
Understanding
Uniqueness

Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

Add your own

If you add values not on this list, please email them to ginger@vettovetcoaching.com so we can add them to the list for others!