

## What is important to you - do you recognise your values?

Your values are reflected in your lifestyle and choices. When your own actions and values are in harmony, life feels good. If your actions and values are in conflict, you will feel like something is wrong. Maybe you have not been listening to yourself enough?

If you are not very competitive, for example, you might feel insecure in a summer job where you sell phone plans and fight over weekly bonuses. In the same way, you might not feel satisfied if you appreciate teamwork above all else, but your job is to analyse samples in a laboratory by yourself. You will not feel well in such a job, as you will long for co-workers.

When you make decisions that match your values, you can live a life that feels like your own. When you know what your value, you will be able to notice and seize opportunities that suit you best.

With the next exercise, you can recognise things that are important to you in your working life, studies and other areas of life.



### Find your most important values

Recognise your values by examining moments in which your life felt good and right.

#### A. What has been your happiest moment?

When have you been proud of something you have done or taken part in? When have you not been satisfied with yourself and your life?

- List some examples of such situations from your life. Use experiences from your studies, internships, summer jobs and personal life.
- Enrich your examples by describing what you were doing and by explaining what other factors contributed to each situation. What made you feel happiness, pride or satisfaction in particular?

#### B. Find your values

The following list includes typical values.

- Which values are connected to the feelings that you had in the situations you described? Which values on the list do you recognise as your own?
- Try to find five values. If your own, important value is not on the list, feel free to add it!



## Values

A sense of belonging	Determination	Not making mistakes
A sense of justice	Diligence	Openness
A sense of meaning	Discipline	Patriotism
Accuracy	Discovering new things	Peace
Adventure	Discretion	Perfection
Aesthetics	Diversity	Persistence
Ambition	Dynamism	Pleasure
Balance	Economic security	Politeness
Being a visionary	Efficiency	Popularity
Being able to make an impact	Enthusiasm	Positivity
Being charitable	Equality	Professionalism
Being comprehensive	Excellency	Quality
Being ecological	Expertise	Reliability
Being economic	Feeling of control	Responsibility
Being faithful	Following rules	Security
Being family-oriented	Freedom	Self-actualisation
Being goal-oriented	Friends	Self-confidence
Being organised	Going in-depth with something	Self-control
Being practical	Happiness	Self-improvement
Being profit-oriented	Having a sense of community	Selflessness
Being satisfied	Having a strong sense of purpose	Sensitivity
Being thorough	Having a thirst for information	Serving others
Being truthful	Having fun	Simplicity
Being unique	Health	Speed
Calmness	Honesty	Spirituality
Carefulness	Humility	Spontaneity
Challenges	Independence	Stability
Cleanliness	Individuality	Status
Cleverness	Inner harmony	Sternness
Competitiveness	Intelligence	Strength
Consideration for others' feelings	Intimacy	Success
Continuity	Leadership	Suspense
Continuous improvement	Learning	Tolerance
Cooperation	Love	Traditions
Courage	Loyalty	Usefulness
Creativity	Moderation	Working hard
Curiosity	Nature	
Dedication		
Democracy		

**SOMETHING ELSE**

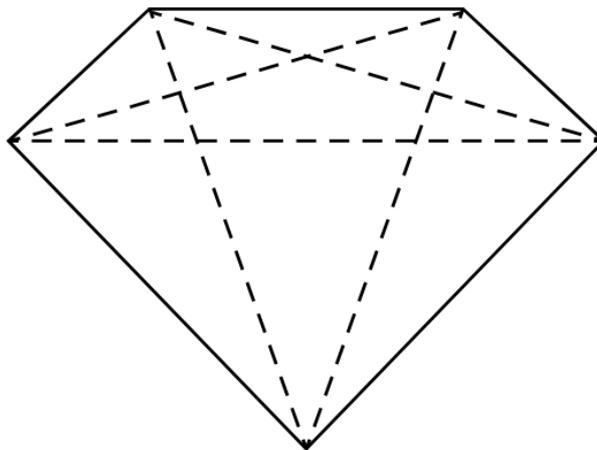


### C. Order of importance

Your choices are based on your values. Next, you will get to recognise the order of importance that your values have.

- Look at your list of five important values. Place them at the tips of the provided diamond.
- Start by comparing any two values with one another. If you could act according to only one of those values, which one would be more important? Draw an arrow pointing at the value that is more important.
- To help you choose, you can think about some practical situation.
- Continue by comparing pairs of values until all values have been compared with one another.
- You will find out the order of your values by counting how many arrows are pointed towards each value. What kind of order did you get?

**“When you know what you value, you will be able to seize opportunities that suit you best.”**



### D. Final check

How do things look? What did you find? What do you think about your values?

- Do they represent your worldview and what you feel is important?
- How would you talk about these values with your friends or in a job interview?

Your values do not stay the same throughout your life. They develop and change. Remember to stop every now and then and check how your life and experiences have affected your values