

Personal Values Worksheet

(adapted from *Finding Joy In Your Job*, © 2007 by Pat Healey)

The first step in finding more purpose in your work, is recognizing what qualities and experiences you value most. Often, we go through life adopting values from our parents and society without giving them much scrutiny—until they are challenged—which can create stress at work if you don't realize what's really going on. I invite you to **start by making a list of traits you respect and admire in yourself and others**, such as: integrity, generosity, authenticity, curiosity, creativity, independence, kindness, ecologically-conscious, and so on. **Next, add qualities you value in a job**, such as: security, diversity, challenge, power, justice or service. **Then consider the questions that follow.**

As you look back on your life, what were your peak experiences? What do those experiences have in common?

When you turn 85 years old, what will you want your grandchildren to say about your life?

What is it you have done that's most important to you?
