

### What do you value?

Your core values are the things that are most important to you in life and influence the way you act and the choices you make for your life.

From the list below select the 5 – 10 values which are most important to you. Choose values which consider all aspects of your life – do not limit your responses to your current work situation.

In order to identify your most important values, ask yourself: What values could I not live without in my life?

<ul style="list-style-type: none"> <li>• Acceptance</li> <li>• Money</li> <li>• Wealth</li> <li>• Security</li> <li>• Financial freedom</li> <li>• Family</li> <li>• Giving affection</li> <li>• Receiving affection</li> <li>• Winning</li> <li>• Helping others</li> <li>• Intelligence</li> <li>• Competence</li> <li>• Knowledge</li> <li>• Being polite</li> <li>• Tolerance</li> <li>• Physical fitness</li> <li>• Physical challenge</li> <li>• Showing compassion</li> <li>• Being generous</li> <li>• Autonomy/ Independence</li> <li>• Conserving resources</li> <li>• Environment</li> <li>• Feeling important</li> <li>• Loyalty</li> <li>• Enterprise</li> <li>• Being relaxed and informal</li> <li>• Having fun</li> <li>• Health</li> <li>• Humour</li> <li>• Harmony</li> <li>• Punctuality</li> <li>• Success</li> <li>• Looking good</li> </ul>	<ul style="list-style-type: none"> <li>• Social standing</li> <li>• Status</li> <li>• Taking a stand for your beliefs</li> <li>• Justice</li> <li>• Truth</li> <li>• Taking risks</li> <li>• Efficiency</li> <li>• Commitment</li> <li>• Initiative</li> <li>• Talent</li> <li>• Recognition</li> <li>• Creativity</li> <li>• Having authority</li> <li>• Moral fulfilment</li> <li>• Teamwork</li> <li>• Integrity</li> <li>• Control</li> <li>• Professional behaviour</li> <li>• Courage</li> <li>• Hard work</li> <li>• Material things</li> <li>• Perfection</li> <li>• Tradition</li> <li>• Responsible for others</li> <li>• Optimism</li> <li>• Being forthright</li> <li>• Learning new skills and knowledge</li> <li>• Reliability</li> <li>• Fulfilment</li> <li>• Being at peace with others</li> <li>• Discipline</li> <li>• Trust</li> </ul>	<ul style="list-style-type: none"> <li>• Time alone</li> <li>• Respect</li> <li>• Helping society</li> <li>• Fast pace</li> <li>• Supervising others</li> <li>• Working under pressure</li> <li>• Meeting deadlines</li> <li>• Advancement</li> <li>• Adventure</li> <li>• Attention to detail</li> <li>• Working alone</li> <li>• Excitement</li> <li>• Influencing people</li> <li>• Change and variety</li> <li>• Challenge</li> <li>• Inspiration</li> <li>• Time freedom</li> <li>• Friendships</li> <li>• Job tranquillity</li> <li>• Balance</li> <li>• Aesthetics</li> <li>• Community</li> <li>• Stability</li> <li>• Certainty</li> <li>• Location</li> <li>• Excellence</li> <li>• Being popular</li> <li>• Doing our duty</li> <li>• Quality</li> <li>• Dignity</li> <li>• Tenacity</li> <li>• Cooperation</li> <li>• Participation</li> <li>•</li> <li>•</li> </ul>
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## What are your strengths?

Utilising and maximising our strengths leads to greater achievement and success. This checklist can be used to expose your strengths. Use the list below to identify your top 5-10 strengths.

In order to identify your individual strengths, ask yourself: Which strengths **best** describe me?

<ul style="list-style-type: none"> <li>• Patience</li> <li>• Tolerance</li> <li>• Stamina</li> <li>• Confidence</li> <li>• Positive attitude</li> <li>• Energetic</li> <li>• Broad minded</li> <li>• Having clear opinions</li> <li>• Focused</li> <li>• Ability to multitask or multi focus</li> <li>• Clear sense of direction</li> <li>• Visionary</li> <li>• Inspiring</li> <li>• Dynamic</li> <li>• Assertive</li> <li>• Intelligent</li> <li>• Charismatic</li> <li>• Authority</li> <li>• Charming</li> <li>• Flexibility</li> <li>• Collaborative</li> <li>• Networking</li> <li>• People person</li> <li>• Artistic</li> <li>• Creativity</li> <li>• Trustworthy</li> <li>• Honesty</li> <li>• Change management</li> <li>• Accurate self assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Leadership</li> <li>• Analysis</li> <li>• Spontaneity</li> <li>• Embracing new experiences</li> <li>• Caution</li> <li>• Common sense</li> <li>• Acceptance</li> <li>• Moral</li> <li>• Pragmatic</li> <li>• Realistic</li> <li>• Challenging</li> <li>• Fun</li> <li>• Fitness</li> <li>• Sense of humour</li> <li>• Quick witted</li> <li>• Helpful</li> <li>• Cooperative</li> <li>• Supportive</li> <li>• Reliable</li> <li>• Tough</li> <li>• Warm hearted</li> <li>• Eloquence</li> <li>• Selling skills</li> <li>• Developing others</li> <li>• Conflict management</li> <li>• Influence</li> <li>• Emotional awareness</li> <li>• Adaptability</li> </ul>	<ul style="list-style-type: none"> <li>• Time management</li> <li>• Efficiency</li> <li>• Knowledge</li> <li>• Kindness</li> <li>• Considerate</li> <li>• Capable</li> <li>• Well informed</li> <li>• Hard working</li> <li>• Good work ethic</li> <li>• High self esteem</li> <li>• Decisive</li> <li>• Empathetic</li> <li>• Gentle</li> <li>• Compassionate</li> <li>• Effective listening</li> <li>• Organised</li> <li>• Disciplined</li> <li>• Self controlled</li> <li>• Original</li> <li>• Innovative</li> <li>• Persuasiveness</li> <li>• Rapport building</li> <li>• Animated</li> <li>• Friendly</li> <li>• Service orientation</li> <li>• Understanding others</li> <li>• Political awareness</li> <li>•</li> <li>•</li> <li>•</li> </ul>
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