

# KNOWING YOUR PERSONAL AND PROFESSIONAL VALUES PT. 1



## Reflect

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It's OK if your professional values are not clear to you!

It is common to not feel fully attuned to our professional values, especially because they can change depending upon or environment, responsibilities, and our life circumstances.

**Take some time to self-reflect and consider the following questions. Jot down your answers.**

- What are some personal values you hold?
- What is your favorite motto in life? What are the values engrained within it?
- What are some professional values you hold?
- Which values influence you professionally (e.g. at school, work, etc.).
- Which professional values do you believe your family members or people you admire hold? Are those similar to or different from your own?

## What is it?

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**Values** reflect our deepest desires. They are a testament to what we appreciate and believe are admirable qualities.

**Professional values** are values we hold as principles to guide our work and career ambitions.

Knowing and meeting our professional values supports our overall wellness, sense of purpose, and integrity.

Having a clear understanding of our professional values helps us feel better rooted in our career ambitions. Yet, knowing what we value professionally is not always clear.

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### Put Into Practice

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If responding to the above questions was challenging, here are a few suggested exercises to help clarify your personal and professional values. These type of reflections can support adapting and being productive in living a value driven life.

**Complete a Value Exercise:** There are hundreds of different values that exist. They all can have different meanings or levels of importance to us. Completing a values exercise allows us to identify our values, define what they mean to us, and reflect on how we will honor them. Getting clear on our values bolsters self-understanding and allows us to make more informed and aligned career decisions.

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**Values Assessment:** To expand on the values exercise, consider the ways you live your values now and how they influence you.

- In what way do your values drive your educational and career goals?
- How well have you been honoring each of your core values? Rate your satisfaction using the following scale:
  - 1 = very dissatisfied
  - 2 = somewhat dissatisfied
  - 3 = neither
  - 4 = somewhat satisfied
  - 5 = completely satisfied
- What is getting in the way of you honoring your core values?
- What are three actions I can take to better align with my values?

**Speak About Your Values with Others:** Conversation with people you trust about values can help clarify your values and identify ways in which your decisions and behaviors align or don't!) with your values. Engaging in conversations helps us to find language to best define our values, identify and make meaning if contradictions, build our knowledge and support building closer relationships with our peers.

*Was this helpful? We encourage you to print or download our toolkits for your future reference!*

#### Sources

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