

# 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 you 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?

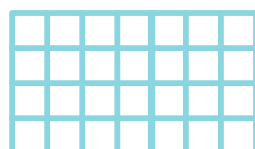
When have you been proud of something you have done or taken part in? When have you not been satisfied with yourself and your life?

- 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

Accuracy	Excellency	Practicability
Adventure	Expertise	Professionalism
Aesthetics	Fairness	Quality
Ambition	Faithfulness	Reliability
Balance	Family	Responsibility
Being organised	Financial security	Result orientation
Calmness	Flawlessness	Security
Carefulness	Following rules	Self-actualisation
Challenges	Freedom	Self-confidence
Charitability	Friends	Self-control
Cleanliness	Fun	Self-improvement
Cleverness	Goal orientation	Selflessness
Communality	Going in-depth	Sense of belonging
Competitiveness	Happiness	Sense of purpose
Comprehensiveness	Health	Sensitivity
Considerateness	Honesty	Serving others
Contentment	Humility	Simplicity
Continuity	Independence	Speed
Continuous improvement	Individuality	Spirituality
Control	Inner harmony	Spontaneity
Cooperation	Inquisitive	Stability
Courage	Intelligence	Status
Creativity	Intimacy	Sternness
Curiosity	Leadership	Strength
Dedication	Learning	Success
Democracy	Love	Suspense
Determination	Loyalty	Thoroughness
Diligence	Meaningfulness	Tolerance
Discipline	Moderation	Traditions
Discovery	Nature	Truthfulness
Discretion	Openness	Uniqueness
Diversity	Patriotism	Usefulness
Dynamism	Peace	Visionary thinking
Ecological orientation	Perfection	Working hard
Economic efficiency	Persistence	
Effectiveness	Pleasure	
Efficiency	Politeness	
Enthusiasm	Popularity	
Equality	Positivity	

**SOMETHING ELSE?**

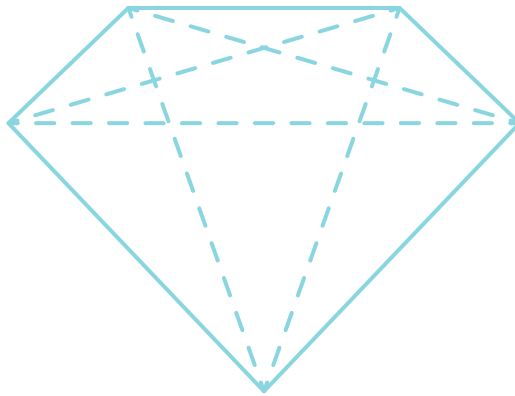


### C. Order of importance

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.

