

KNOW YOURSELF

We all have values that we carry with us, many of these values are shared with other people, while other values make us unique as individuals. Our values shape the way we think, act, and navigate this world.

Activity A: Identifying Your Core Values, Strengths, and Workplace Preferences:

We invite you to take a moment to reflect on your core values that guide you in your personal, academic, and professional journeys. If you haven't had the chance to reflect on your values, now is the time! First, take a few moments to think about what is important and meaningful to you. Next, ask yourself the following questions to get to the core of your intrinsic system of values, where it comes from, what and how it feels like for you:

Think about the people you admire, look up to, or have had a big influence on you. What traits or qualities do they have?

What decisions are you proud of and why? What was the thought process that led you to make those decisions?

What qualities, traits, actions, or behavior do you want to be known for? What do you do that you want others to notice?

Based on your responses to the questions, notice what traits or qualities are coming up for you. We have also included a short list of values on the [following page](#) that can help name traits and qualities. By naming these traits and qualities, you now have a list of values that are core to yourself!

Comprehensive List of Values

Abundance	Acceptance	Accessible	Accountability	Boldness	Adventure
Advocacy	Ambition	Appreciation	Attractiveness	Awareness	Autonomy
Balance	Beauty	Benevolence	Achievement	Brilliance	Calmness
Caring	Challenge	Charity	Cheerfulness	Citizenship	Courage
Connection	Confidence	Compassion	Commitment	Community	Curious
Creative	Contribute	Consistency	Collaboration	Discovery	Diversity
Daring	Decisive	Dedication	Determined	Democracy	Duty
Education	Empathy	Ethics	Encouragement	Excellence	Experience
Growth	Gratitude	Exploration	Entrepreneurial	Expression	Fairness
Faith	Family	Freedom	Friendship	Friendliness	Flexibility
Fun	Kindness	Knowledge	Leadership	Learning	Local
Health	Discipline	Honesty	Humility	Hope	Humor
Inclusive	Innovation	Inspiration	Independance	Integrity	Intelligence
Intuition	Personal Development		Individuality	Proactive	Quality
Logic	Reason	Loyalty	Mindfulness	Moderation	Network
Motivation	Movement	Optimism	Openness	Originality	Ownership
Passion	Reach	Peace	Performance	Relationship	Reliability
Risk-Taking	Risk-Taking	Recognition	Safety	Support	Success
Resilience	Respect	Resourceful	Responsibility	Responsive	Security
Selfless	Sensible	Serenity	Service	Significance	Simplicity
Stability	Strength	Structure	Teamwork	Thoughtful	Trust
Versatility	Vision	Uniqueness	Understanding	Useful	Warmth
Wealth	Wisdom	Virtue	Well-Being	Traditional	Willingness

Based on your responses and going through the list of values, what are the top 5 workplace and career related values that come up for you (*remember – workplace values can be different than your personal values; what do you need in your workplace to thrive*)?

1

2

3

4

5

As you enter the In the Field experience, reflect on what you notice at the experience and what the values on the organization / employer may be based on your observations and questions.

Note them here:

Activity B: Goal Mining:

We invite you to think about **all aspects** of your hopes for your future career in this activity.

LIST OF BIG THINGS	MY LIST OF BIG THINGS
Picture your future career in your mind. What is happening that is making you happy and satisfied? What are your non-negotiables? <i>Examples of possible Big Things</i> • I have secured a permanent role at my favourite company • I have repaid all my student loans • I am working in X industry • I am living and working in the city of my choice • My career is directly related to my degree	
LIST OF LITTLE THINGS	MY LIST OF LITTLE THINGS
At any given time, your career also consists of many little things that make your work more meaningful. They are not necessarily deal breakers but are still important. <i>Examples of possible Little Things:</i> • My work has a lot of variety • I get to collaborate with others • I am using the skills that I most enjoy • I enjoy the content of my work • I like what the organization does • I like the size of the organization • I am learning new skills regularly • I work with people I care about and who care about me • I have a boss who is an empathetic leader • My work schedule fits well with the rest of my life • My commute to and from work is manageable • My workspace fits my work style • I am able to satisfy my priorities in both my work and personal life • The mission of the company fits my interests and values • I have time and energy to pursue interests outside of work	

Reflection Questions:

- Which list was easier to create? Which items are surprising? Why?
- Do you need to move any items from one list to the other?
- What observations have you made to support you in the In the Field experience?
- Reflect on your values / goals and what questions you have for the hosts during the *In the Field*.

Reference

Hadeed, K. *Defining Your Values and Leading with Intention*.

From: <https://www.kristenhadeed.com/resources#guides>

Gelatt, H. B. (1989). Positive uncertainty: A new decision-making framework for counseling. *Journal of Counseling Psychology*, 36(2), 252–256.

<https://doi.org/10.1037/0022-0167.36.2.252>