

Your values at work & home



What do you value?

One of the most frequent reasons my clients are unhappy at work?

Their values aren't being represented professionally & personally.

This highly-effective & simple exercise can be done in one sitting, or re-visited over a number of weeks.

The aim? To choose 5-8 values that are really important to you at work & at home.

You may, initially, want to choose 15-20 & then gradually cut them down.

A great one to repeat every 3-6 months.



Values

Circle the values that are meaningful for you / cross out the ones that don't resonate.

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|----------------|---------------|-----------------|----------------|
| Accountability | Education | Intimacy | Serenity |
| Awareness | Effectiveness | Intuition | Significance |
| Balance | Empathy | Kindness | Simplicity |
| Beauty | Encouragement | Leadership | Sincerity |
| Boldness | Excellence | Learning | Spirituality |
| Calmness | Experience | Logic | Stability |
| Cleanliness | Expertise | Love | Strength |
| Closeness | Exploration | Loyalty | Structure |
| Commitment | Fairness | Mindfulness | Success |
| Compassion | Faith | Moderation | Support |
| Confidence | Flexibility | Motivation | Sympathy |
| Connection | Focus | Openness | Thoughtfulness |
| Consciousness | Freedom | Optimism | Thrift |
| Contentment | Frugality | Organisation | Timeliness |
| Co-operation | Fun | Originality | Trust |
| Courage | Generosity | Passion | Understanding |
| Decisiveness | Gratitude | Peacefulness | Uniqueness |
| Determination | Growth | Persuasiveness | Usefulness |
| Dependability | Happiness | Professionalism | Virtue |
| Dignity | Health | Resilience | Vision |
| Diligence | Honesty | Respect | Warmth |
| Discipline | Hopefulness | Sacrifice | Wealth |
| Discovery | Humility | Security | Wisdom |
| Diversity | Humour | Sensitivity | Worthiness |
| Duty | Integrity | Sensuality | Zeal |



NICOLA PITT

Nicola has over a decade of experience enabling people, individually and in teams, to fulfil their professional potential without feeling stuck, overwhelmed or uncertain.

An Executive Coach, Trainer, NLP Master Practitioner and Clinical Hypnotherapist, Nicola brings her expertise to support managers to develop world-class skills.

Nicola brings her medical expertise alongside years of supervising, mentoring and empowering individuals to help everyone succeed.

Clients include HSBC, Pearson, Royal Mail & NHS Leadership Academy.



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