

LIGHTHOUSE: CORE VALUES



In building your lighthouse, it is important to get out of 'automatic pilot' and think about the values that are most important to you.

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WHEN JUGGLING THE DEMANDS ON MY PLATE, I CAN OFTEN FEEL A BIT SEA SICK ... HAVING A LIGHTHOUSE HELPS ME TO STEADY MY MIND.

PREVIOUS PARTICIPANT COMMENT

STEP 1

Read the list on the reverse.

STEP 2

Cross out any words that are irrelevant to you.

STEP 3

Add in any additional words that are important to you.

STEP 4

Re-read the list, putting a number between 1-3 against each remaining word (1 is the most important and 3 is the least important).

STEP 5

Circle the items which you scored a 1.

STEP 6

From the words circled, refine your list to five values that really resonate with you and prioritise them in your lighthouse to the left.

STEP 7

Take your top 3 values and think about how these translate into your daily life, i.e. How can you allocate some time to each of these every day?

BUILDING YOUR LIGHTHOUSE: CORE VALUES

- Acceptance
- Competition
- Happiness
- Nature
- Security
- Achievement
- Connection
- Harmony
- Nurturing
- Self expression
- Adventure
- Contribution
- Health
- Order
- Service
- Altruism
- Creativity
- Helping others
- Passion
- Sharing
- Ambition
- Equality
- Honesty
- Peace
- Solitude
- Appreciation
- Excellence
- Humour
- Personal growth
- Spirituality
- Authenticity
- Excitement
- Imagination
- Power
- Status
- Authority
- Expertise
- Independence
- Privacy
- Success
- Autonomy
- Fairness
- Influence
- Productivity
- Teaching
- Balance
- Fame
- Intellect
- Promotion prospects
- Team work
- Beauty
- Family
- Intuition
- Reaching potential
- Tolerance
- Belonging
- Faith
- Justice
- Recognition
- Tradition
- Challenge
- Fast pace
- Kindness
- Respect
- Travel
- Choice
- Financial rewards
- Leadership
- Responsibility
- Trust
- Collaboration
- Focus
- Learning
- Results
- Variety
- Commitment
- Freedom
- Love
- Risk taking
- Winning
- Community
- Friendship
- Loyalty
- Romance
- Wisdom
- Compassion
- Fun
- Making a difference
- Routine
- Zest for life

Source: Modified from Douglas, C. (2008). What are your personal Core Values? Retrieved April, 10, 2008 from the World Wide Web: www.how-to-change-careers.com/personal-core-values.html