

Reflecting on Personal Values



Buddha. Ghandi. Jesus. King. Mandela. Mother Teresa. Nobel. Schweitzer. This is a very short list of people who inspire us — to be better, to strive for more, to know ourselves, to strengthen our faith, to define our values.

Personal Values

A variety of common values are listed below. Add to the list other values that are important to you. Then rank the list according to your sense of priorities.

- Family
- Work
- Love
- Friendship
- Power
- Money
- Career
- Service to others
- Religion
- Leisure time
- Ethics
- Politics
- Social issues
- _____
- _____
- _____

“My mother has always been a very positive influence in my life: Challenging me. Loving and supporting me. Being a positive role model.

I think this is a valuable message for parents — to realize the impact they can have on their child's life, even after they are grown and living far away.”
- an employee

Consider this:

- For which single value would you most like to be remembered?
- How have your values changed over time?
- Have you ever experienced a conflict when you had to make a choice between competing values?
- Which relationships support your personal values and beliefs?
- Do you feel that you are living in harmony with your most important values?
- How can you design your life to be in better harmony with your most important values?

