

# POWER UP

YOUR RETIREMENT



## My Personal Values

*"It's not hard to make decisions once you know what your values are."* Roy E. Disney

## What are Values?

Values are deeply-held beliefs about the right way of doing things for YOU. Subconsciously or consciously, your values impact every aspect of your life.

Instilled at a very early age, your values, act as an inner compass guiding your behaviours and your choices. If you know what your personal values especially your CORE values are, you will be focused and certain in making decisions with clear direction. If you don't know what your values are or if they are ambiguous, you may struggle in making decisions.

Your values are in 'action' through your personal and work behaviours, decision making, contributions, and interpersonal interactions.

When you are in alignment with your values, life is good. When you are not in alignment, then things start to feel wrong.

By recognizing and acknowledging your values, you will be in an excellent position to make plans and decisions for your retirement that will honour them.

## My Personal Values

You will identify your most important personal values.

### Instructions

Using the following list of common personal values place a checkmark in the:

- 'High' column for the values that are the most important to you; and
- 'Low' column for the values that are of lower importance to you.

<i>Value</i>	<i>High</i>	<i>Low</i>	<i>Value</i>	<i>High</i>	<i>Low</i>
Achievement			Help society		
Accountability			Honesty		
Advancement			Influence		
Authenticity			Independence		
Autonomy			Inspiration		
Balance			Integrity		
Caring			Kindness		
Challenge			Knowledge		
Change and variety			Leadership		
Clarity			Learning environment		
Collegiality			Love		
Commitment			Loyalty		
Compassion			Partnership		
Community			Pleasure		
Competition			Power		
Cooperation			Precision		
Collaboration			Productivity		
Courage			Promise-keeper		
Creativity			Prosperity		
Dignity			Recognition		
Enjoyment			Relationships		
Ethical			Respect		
Equality			Responsibility		
Excellence			Security		
Expertise			Service to others		
Faith			Sharing		
Firness			Showing Value		
Flexibility			Stability		
Freedom			Status		
Friendship			Success		

Fun			Team work		
Generosity			Trustworthiness		
Growth			Truth/honesty		
Global Thinking			Variety		
Harmony			Wisdom		
Health			Work mastery		
Help others			Other:		

To help you define your values:

When were you the happiest in your life? What were you doing? Who were you with?

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When were you the most proud?

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What has been one of your most powerful life experiences? Why?

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Who do you really admire? Why?

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From the 'High' column, please narrow down your list further to identify your **most important** five values.

My Most Important Values are:

- 1.
- 2.
- 3.
- 4.
- 5.

From the 'Most Important Values' list, please narrow down your list to your **top three core values**:

My Core Values are:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Doing a Deep Dive:**

Why are these core values important to you?

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How did you choose your core values?

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Please define what your core values mean to you.

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How do you express your core values in your life?

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How are you living these values?

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What is challenging about living these values?

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What support(s) would be helpful to you in living these values? From whom?

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What will you do to honour your values every day especially during challenging times?

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**Once you have completed this exercise please fill out the 'My Insights' worksheet.**