

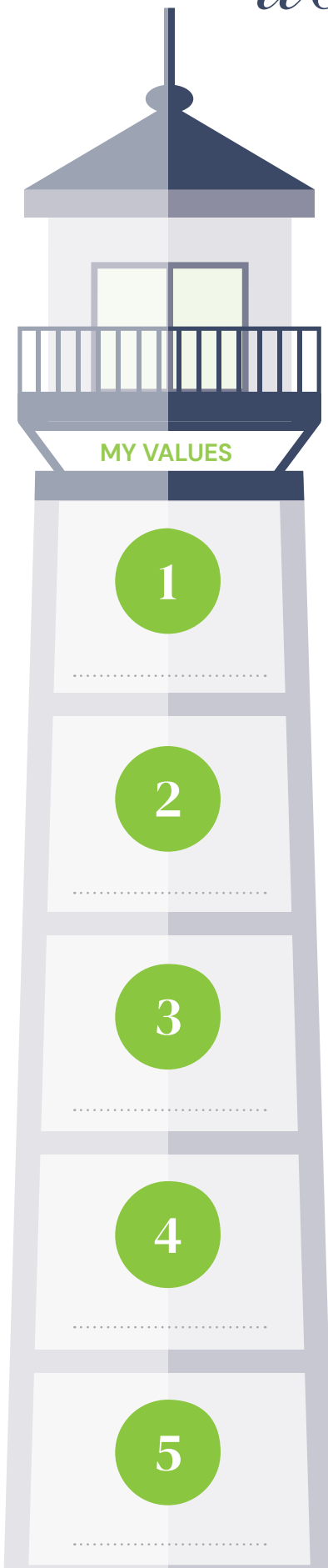
Building your Lighthouse: Core Values

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

“

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?

To find out more information please contact:

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

To find out more information please contact:

www.transitioningwell.com.au | 1300 824 808 | info@transitioningwell.com.au | © 2021 Transitioning Well (TW)