



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

01

STEP

Read the list on the reverse

02

STEP

Cross out any words that are irrelevant to you

03

STEP

Add in any additional words that are important to you

04

STEP

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)

05

STEP

Circle the items which you scored a 1

06

STEP

From the words circled, refine your list to 5 values that really resonate with you and prioritise them in your lighthouse to the left

07

STEP

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 Cont.

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

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