

Activity – Values Checklist

Choose 8 – 10 values that are most important to you.

Personal Value	Meaning
Accomplishment	A sense of having done something well
Competence	A feeling of being effective
Contentment	Having peace of mind
Contribution	Being part of and adding value to a larger enterprise
Creativity	Being creative in some form or medium
Culture	Taking an interest in art, music and literature
Economic Security	Having a regular income
Enjoyment	Having lots of fun and laughs
Esteem	Making an impact and gaining admiration
Experience	Having a lot of experience in the job
Fitness	Keeping in good physical condition
Freedom/ Flexibility	Having lots of different job opportunities
Friendship	Having close friends at work
Honesty	Being able to say what you think
Integrity	Being able to act in accordance with own principles; being clear and consistent in dealing with others
Perfectionism	Never making mistakes
Personal Growth	Continuing to learn
Popularity	Being liked by most people
Power	Having control and influence over others
Religion	Having and practising strong religious beliefs
Security	Freedom from anxiety about the future
Self Confidence	Operating in a way which confirms the value of my contribution
Stability	Being part of a solid lasting enterprise, having a predictable place
Status	Having prestige and being looked up to
Strong Convictions	Having firm principles
Taking Risk	Having opportunities to speculate, gamble, take chances
Teamwork	Feeling part of an effective team
Technical Expertise	Being at the forefront of technical development
Uniqueness	Being a non-conformist
Wealth	Making as much money as possible
Winning	Being first in a competitive situation



Writing Your Mission Statement

In life we have a Being and a Demonstrating side. Look at each value and determine how you Demonstrate and Be that value in your life.

Values	How do you Demonstrate it? (what actions can you take)	How do you BE it? (How do you want to feel)
1. _____	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____
2. _____	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____
3. _____	1. _____ 2. _____ 3. _____	1. _____ 2. _____ 3. _____

4. I am committed to _____, _____, and _____
 (insert your values here)
 _____ and I choose to have that show up by my commitment to BEING
 _____, _____, and _____, and DEMONSTRATING through
 _____, _____, and _____.

After you complete Your Mission Statement, close your eyes and have your partner read the statement. What are you seeing, sensing and/or feeling when you hear Your Personal Mission Statement read to you?

Note: To manifest Your Mission Statement, you must HEAR IT, SEE IT, and BE IT.