Squiggly Careers PodSheet

Discover your values

EPISODE 42

What are values?

✓ Everyone has different values. Your values are personal to you and are the things that are important to you.

✓ They help you feel motivated, happy and fulfilled.

✓ Understanding your values can help you to evaluate, reflect and make better choices.

✓ They are applicable throughout all aspects of life, not just at work.

How can values help you?

💡 **Exploring opportunities:** When you're looking at new career possibilities you can use values as a way to understand whether the company culture and the role would be a good fit. For example if 'growth' is one of your values, you could ask at an interview *'what does growth look like for the team over the next 12 months?'*.

💡 **Finding fulfilment:** You can find ways to bring your values into your role or outside of work to boost your happiness and motivation. For example, if helping others is one of your values, could you mentor someone at work or coach a sports team?

💡 **Being brave:** Knowing your values helps you to make the decisions that are right for you rather than being swayed by other people's opinions and expectations. You can 'run your own race' and have confidence in the career decisions you make.

Ideas for Action

What's important to you?
Think about what's important to you about who, what and where you work. Be as descriptive as possible and in your answers you might spot some consistent clues about what your values might be.

Define your values
Articulating your values helps you to better understand them and share them meaningfully with other people. Write a sentence to describe what each value means to you.

Coach Yourself Questions

1 What were your happiest and hardest moments at work over the last month?

2 What does this tell you about what's motivating and meaningful for you?

Recommended resources

The Squiggly Career
Chapter 3: Values

Build Your life with your values
Simon Sinek, TED, 2015

Your Brilliant Best - Mindset with Ben Williams
Squiggly Careers episode #194

Amazing if