

# CareerAdvisor

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## Values profile

### Step 1

Go through the list of values below. Eliminate words that don't resonate with you and put a check mark next to the values that are important to you.

Accessibility	Courage	Growth	Prosperity
Accomplishment	Creativity	Health	Punctuality
Accountability	Curiosity	Honesty	Recognition
Accuracy	Dependability	Humor	Relaxation
Adventure	Determination	Imagination	Reliability
Affection	Directness	Impact	Resourcefulness
Affluence	Discipline	Independence	Respect
Altruism	Diversity	Integrity	Security
Ambition	Efficiency	Intelligence	Sensitivity
Assertiveness	Empathy	Justice	Significance
Balance	Enthusiasm	Kindness	Sincerity
Bravery	Excellence	Knowledge	Speed
Calmness	Experience	Leadership	Spirituality
Celebrity	Expertise	Learning	Spontaneity
Challenge	Fairness	Love	Stability
Charity	Fame	Mindfulness	Success
Comfort	Family	Optimism	Sympathy
Commitment	Fidelity	Originality	Teamwork
Compassion	Flexibility	Passion	Understanding
Completion	Fun	Peace	Vision
Contentment	Generosity	Perfection	Wealth
Control	Grace	Power	Winning

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## Step 2

Review the short list of values you checked, pick your top five, and write them in the table under Step 4 in order of importance.

## Step 3

In the same table, define your values by what they mean to you. It's important to be clear about the meaning behind the values you chose. Sometimes two people can have different interpretations of the same word. For example, to one person, flexibility means being agile in your work style on a day-to-day basis; to another, flexibility means being interested in working on a variety of different projects that are thrown your way.

## Step 4

For each value, give yourself a score of 1 to 5, where 1 indicates I'm really **not** living this value and walking the talk and 5 indicates I live this value so consistently, I could be its poster child.

Value	Value — defined	Low...Alignment...High				
		1	2	3	4	5
1						
2						
3						
4						
5						

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## Step 5

*Take charge and make a change!*

*Select the one or two values that you feel are most critical to your success and happiness and that are potentially the most out of alignment with your current lifestyle.*

*Make a commitment and plan how you can bring this value back into focus. If your top value is health and you're always parked on a couch chowing down chips and soda, make a change.*

*Studies show you're 33% more likely to commit to something once you put pen to paper on it. Another way to increase your commitment level is to identify an accountability partner who can keep you motivated, honest, and on track. Studies also show that it takes 21 sequential days to change a behavior into a habit. Get your pen and calendar and make it happen!*

<i>Value needing alignment</i>	<i>Action plan and timeline</i>	<i>Accountability partner</i>	<i>Completed (Y/N)</i>