

Understanding your most deeply held beliefs forms the foundation for creating a life that brings you happiness, fulfillment, and success. They provide the cornerstone that each individual needs for guidance and making choices.

Your values help you [judge the appropriateness of careers and jobs](#). They help you select hobbies and volunteer activities. They drive how you interact with your colleagues and bosses and govern your relationships with your family and friends. Convinced you need to identify your values? Let's start by talking about values.

What Are Values?

[Values are traits or qualities](#) that are considered worthwhile; they represent your highest priorities and deeply held driving forces. When you are part of any organization, you bring your deeply held values and beliefs to the organization.

There they co-mingle with those of the other members of the company to create an [organization or family culture](#).

Value statements are derived from and grounded in values. They define how people want to behave with each other in an organization, an institution, a company, or a family. They are statements about how the organization will value customers, suppliers, and the internal community.

[Value statements](#) describe actions that are the living enactment of the fundamental values held by most individuals within the organization.

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In one organization, a university healthcare center, all of the employees helped to identify the organization's core values.

They ended up with the acronym, I CARE. Integrity, compassion, accountability, respect, and excellence were the values identified. Then each department took each of the values and developed value statements that the employees believed best exemplified the values in action in their department.

An example of a value statement was, "We will keep no student who needs care waiting for more than fifteen minutes." Another was, "No student will need to remove items of clothing until they were seen by a doctor and the removal was deemed necessary for a proper examination."

The following are examples of values. You might use these as the starting point for thinking about and articulating them as a human being.

Examples of Values

ambition, competency, individuality, equality, [integrity](#), service, responsibility, accuracy, respect, dedication, diversity, improvement, enjoyment/fun, loyalty, credibility, honesty, innovativeness, teamwork, excellence, accountability, empowerment, quality, efficiency, dignity, collaboration, stewardship, empathy, accomplishment, courage, wisdom, independence, security, challenge, influence, learning, compassion, friendliness, discipline/order, generosity, persistence, optimism,

dependability, flexibility, change

Why Identify and Establish Your Values?

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Your values are made up of everything that has

happened to you in your life and they include influences from your parents and family, your religious affiliation, your friends and peers, your education, your reading, your experiences, and more.

Effective people recognize these environmental influences and identify and develop a clear, concise, and meaningful set of values/beliefs, and priorities. Once defined, values have an impact on every aspect of your life.

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- You demonstrate and model your values in action in your personal and work behaviors, decision making, contribution, and interpersonal interaction.
- You use your values to make decisions about priorities in your daily work and home life.
- Your goals and life purpose are grounded in your values.

Choose the values that are most important to you, the values that you believe in and that define your character.

Adopt them, commit to them, and then [live them visibly every day](#) at work and at home.

[Living your values](#) is one of the most powerful tools available to you to help you become the person you want to be, to help you accomplish your goals and dreams, and to help you lead and influence others.

A value-based and principled person is most able to create a successful and fulfilling career and life. Don't waste your best opportunity.





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What Incentives
Encourage Employees
to Contribute and
Achieve Goals?



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What Matters Most for
Employee Motivation?



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Job Interview
Questions About
Motivation for
Employers to Ask



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Learn to Inspire
Motivation in the
Workplace with
Effective Management



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10 Ways Workplaces
Destroy Your
Motivation

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