



ENLIGHTEN EXERCISE #22

Ranking My Values

Circle the 10 values from the list below that are most important to you. Then order these values from highest to lowest. What do these values suggest about you?

INDEPENDENCE	Being able to determine my work without significant direction from others or having to conform to rules and regulations.
KNOWLEDGE	Engaging myself in the pursuit of knowledge and information.
EXERCISE SKILLS/ COMPETENCE	Utilizing my job developed skills, knowledge and abilities.
PRECISION WORK	Dealing with tasks that have exact specifications that require careful and accurate attention to detail.
CREATIVE EXPRESSION	Being able to express my ideas concerning my job and how I might improve it; having opportunities for experimentation and innovation.
PHYSICAL CHALLENGE	Working in a job that requires physical strength, speed, dexterity, or agility.
CHALLENGING PROBLEMS	Engaging continually with complex questions and demanding tasks, problem solving as a large part of the job.
WORK UNDER PRESSURE	Working in time-pressured circumstances, high workloads, or working with demanding personal relationships.
JOB TRANQUILITY	Avoiding pressures and a high degree of stress in my job and work setting.
INTELLECTUAL STATUS	Being regarded as very well-informed and as an acknowledged expert or thought leader in a given field.
STATUS	Gaining the respect of friends, family, and community by the nature and level of responsibility of my work.
EXCITEMENT	Experiencing a high degree of stimulation or frequent novelty and excitement on the job.
FAST PACE	Working in circumstances where there is high pace of activity and work/activities done rapidly.

CHANGE AND VARIETY	Having work responsibilities frequently changed in tasks, projects, content and setting.
SECURITY	Being assured of keeping my job and a financial stability.
WORK ON FRONTIERS OF KNOWLEDGE	Working in research and development, generating information and new ideas in the academic, scientific, or business communities.
ADVANCEMENT	Being able to get ahead rapidly, gaining opportunities for promotion and growth through high performance on the job.
INFLUENCE PEOPLE	Being in a position to influence attitudes or opinions of others.
WORK ALONE	Working on tasks, projects and assignments by myself, with minimal interaction with others.
STABILITY	Having a work/life routine and job duties that are largely predictable and not likely to change over a long period of time.
HELP OTHERS	Being involved in helping others either individually or in groups.
MAKE DECISIONS	Having the power to make decisions and decide courses of action on my job.
FRIENDSHIPS	Developing close personal relationships with people as a result of my job and organizational culture.
HELP SOCIETY	Doing something to contribute to the betterment of the world.
POWER AND AUTHORITY	Influencing, directing and controlling the work activities of others.
ENTREPRENEURIAL	Acquiring, starting or owning my own business where I can be my own boss.
STATUS	Impressing or gaining the respect of friends, family, and community by the nature and level of responsibility of my work.
TIME FREEDOM	Having responsibilities I can work at according to my time schedule; no specific working hours required.
RECOGNITION	To be acknowledged and recognized for my signature strengths, skills, abilities or performance.
ARTISTIC CREATIVITY	Engaging in creative work in any of several art forms (e.g., dance, music, graphic design).