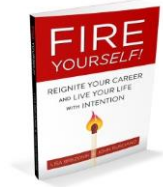


FIRE YOURSELF!

WORKSHEET

Identifying My Values



Try the following two exercises to determine your values.

Part 1: Best Experiences

What are the top three experiences you have had in your career?

For each of these experiences individually, what principles, values, or emotions were present? Make a list for each experience.

Part 2: Worst Experiences

What are your worst three career experiences?

For each of those experiences individually, what principles, values, or emotions were present or absent?

The first list reflects values you desire or perhaps even require in your life and career. The second list reflects what you need to watch out for and protect yourself against.