



## 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?

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

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