



Creating, Setting & Keeping Boundaries - VALUES

A Quiet the Hive
Career Confidence
Worksheet



This is a Career Confidence worksheet, designed to accompany the Creating, Setting and Keeping Boundaries Session.

We often talk about the importance of values in living a happy life, leading authentically and knowing more about who we are. Sometimes we struggle to know exactly what our values are when asked. Knowing your values will help you to set boundaries, as well as help you know when to say 'yes' and 'no' more confidently.

This worksheet helps you to work through a set of recognised values to enable you to come up with the ones that feel most important to you. You may find some of these change over time, but largely our values stay with us for a long time, and may be formed early on in life.

Our values can help us make tough decisions, guide our choices and check that we are steering a true north to our purpose.

There are no right or wrong answers here, just a chance for you to reflect, notice and give you some 'data' that you can choose to use.

Enjoy; and let me know how you get on!

Jane x



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VALUES LIST

Accountability	Equality	Justice	Security
Achievement	Ethics	Kindness	Self-care
Adaptability	Excellence	Knowledge	Self-development
Adventure	Fairness	Leadership	Self-discipline
Altruism	Faith	Learning	Self-expression
Ambition	Family	Legacy	Self-respect
Authenticity	Financial stability	Leisure	Sensuality
Balance	Fitness	Love	Serenity
Beauty	Flexibility	Loyalty	Service
Being the best	Forgiveness	Making a difference	Sexuality
Belonging	Freedom	Nature	Simplicity
Bravery	Friendship	Openness	Skillfulness
Career	Fun	Optimism	Spirituality
Caring	Generosity	Order	Sportsmanship
Challenge	Giving back	Parenting	Success
Collaboration	Grace	Patience	Supportive
Commitment	Gratitude	Patriotism	Teamwork
Community	Growth	Peace	Thrift
Compassion	Harmony	Perseverance	Time
Competence	Health	Personal fulfillment	Tradition
Confidence	Home	Pleasure	Travel
Connection	Honesty	Power	Trust
Contentment	Hope	Pride	Truth
Contribution	Humility	Reciprocity	Understanding
Cooperation	Humour	Recognition	Uniqueness
Courage	Inclusion	Reliability	Usefulness
Creativity	Independence	Resourcefulness	Vision
Curiosity	Initiative	Respect	Vulnerability
Dignity	Integrity	Responsibility	Wealth
Diversity	Intuition	Risk-taking	Well-being
Environment	Job security	Romance	Wholeheartedness
Efficiency	Joy	Safety	Wisdom

ADD YOUR OWN...



Values Finder - the Process

1. Go through the values list (add any you feel that are missing for you) and put them in four piles:

- High importance (HI)
- Moderate importance
- No strong feelings either way
- Against my values

(You could do this with different coloured pens or symbols, or you could cut them out, physically put them in front of you and organise them into piles)

2. Make sure you have at least 10 in your 'HI' pile. If not, revisit your 'moderate' pile and make up the difference.

3. For those in the 'HI' pile, put them in order of importance. Write down your top 10.



4. Identify which three you want to focus on at the moment.
What are you going to do in service of them this week?

Make sure you note 3-5 small key actions you can do this week
in service of those values.



5. Take some time to notice how you feel when you are operating outside of your values or at odds with them. It's important to notice what some of your warning signs are so that you can spot them early and work to ensure that you move back in line with them.



5. Now create a list of boundaries you might like to experiment with based on the values you've identified. You can think about these in a home or work context. Start the sentence 'I have a right to...' if it helps.





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HOW CAN QUIET THE HIVE HELP YOU FURTHER?



Join the Awakening Women's Lives Programme (AWL)

AWL helps women identify what they want from their lives, and arms them with the confidence, toolkit and tribe to go get it.

In AWL you will be guided through six sessions of facilitated peer mentoring, ready to set you up to develop and work with a strong, supportive network of women that will last a life time.

www.quietthehive.com

Join a Your Life Less Ordinary Weekender

How would it feel to set yourself up for a year unlike any other? For a year in which you hit joy filled goals. For a year where you are clear on your priorities, put yourself first and don't feel guilty for doing so.

Join Jo and Jane for a weekend in beautiful surroundings with a group of like-minded women and the chance to lean out of your comfort zone and into micro-adventures; a weekend where you'll create your life less ordinary.

<https://yourlifelessordinary.co.uk>



YOUR LIFE LESS ORDINARY



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