

Your values are aspects of life that are important to you. You can determine your most important values by completing the following exercise:

1. Complete ten sentences beginning with the words: 'it is important to me that...'
2. Identify which values are currently being met and which are not
3. For values which are not being met, consider some actions you can take to meet these.

This exercise will help you to work out what you can control and what you cannot, as well as creating an action plan for change.

Example:

1. I can continue to learn new skills and knowledge
2. I am able to work 1:1 with patients
3. I can collect my children from school twice a week
4. My journey to work takes less than 20 minutes
5. I work only day shifts
6. My ideas are listened to at work
7. My job involves teaching
8. I have lots of variety in my day
9. I am valued by my manager
10. I work in a supportive team

My top values are:

2, 1, 3, 5, 7, 6, 4, 10, 8, 9

Values currently being met: 2, 3, 4, 5, 10

Values not met: 1, 6, 7, 8, 9

Actions I need to take:

1. Identify projects at work that I can be involved in and that will give me opportunities for training
2. Arrange a meeting with my manager to discuss the above and to talk about support going forward. Make sure this is captured in my appraisal
3. Make time in my week to look at job sites for roles that match my most important values.