



**YOUR POSITIVE AND  
NEGATIVE VALUES**

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We all have certain things towards which we are drawn; which bring the best out of us and for which we have boundless energy. By the same token, each of us has things we fear, dislike and try to avoid.

By identifying these 'deeper drivers' in our life, we can establish how they might subconsciously shape our behaviour, particularly in the workplace. Having identified these links we can then discuss how they affect us as we seek to achieve our goals and what we might choose to do about them.

## POSITIVE VALUES LIST

Read through this list of Positive Values and select 10 that are very important for you to have in your life. If there are other words that more appropriately describe your values then please use them.

Accountability	Confidence	Fairness	Joy
Achievement	Continuous learning	Flexibility	Love
Adventure	Courage	Freedom	Loyalty
Attraction	Creativity	Friendship	Persistence
Balance	Dependability	Generosity	Respect
Beauty	Determination	Growth	Security
Challenge	Discipline	Happiness	Spirituality
Clarity	Efficiency	Health	Strength
Commitment	Enthusiasm	Honesty	Success
Communication	Ethics	Humor	Support
Compassion	Excellence	Independence	Vision
Competition	Excitement	Integrity	Wisdom

## RANKING YOUR POSITIVE VALUES

Write your top 10 positive values in alphabetical order - vertically in the left hand column and horizontally across the top.

Using the vertical column as your first point of reference, compare the first value in the vertical column with the first value in the horizontal row. They are the same, therefore of equal importance to you, so the square is shaded.

Then compare the 1<sup>st</sup> vertical value [1] with the second horizontal value [B] and decide if the vertical value is MORE important for you to HAVE in your life. If it is, put a check. If it is LESS important, put an X.

Then compare the 1<sup>st</sup> vertical value [1] with the third horizontal value [C] and decide if the vertical value is MORE important. If it is, put a check. If it is LESS important, put an X.

Keep going in this way till you have a tick or a cross in all boxes. Then add up the total number of ticks for each vertical value to provide the score for each and then rank them highest to lowest.

## RANKING YOUR POSITIVE VALUES

Positive Values												
		A	B	C	D	E	F	G	H	I	J	Total
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

## NEGATIVE VALUES LIST

Read through the list of Negative Values and select 10 that are very important for you to AVOID in your life. If there are words that more appropriately describe your values then please feel free to use those.

Anger	Discouragement	Hostility	Regret
Anxiety	Disinterest	Humiliation	Rejection
Bitterness	Embarrassment	Jealousy	Resignation
Condemnation	Failure	Judgment	Rigidity
Criticism	Fear of [specify]	Lethargy	Sadness
Cynicism	Frustration	Loneliness	Self-doubt
Depression	Futility	Misery	Sorrow
Despair	Gloom	Ostracism	Suspicion
Despondency	Greed	Pessimism	Withdrawal
Disappointment	Guilt	Poverty	Worry

## RANKING NEGATIVE VALUES

Write your top 10 negative values in alphabetical order - vertically in left hand column and horizontally across the top.

Using the vertical column as your first point of reference, compare the first value in the vertical column [1] with the first value in the horizontal row [A]. They are the same, therefore of equal importance to you, so the square is shaded.

Then compare the 1st vertical value [1] with the second horizontal value [B] and decide if the vertical value is MORE important for you AVOID in your life. If it is, put a check. If it is LESS important, put an X.

Then, compare the 1st vertical value [1] with the third horizontal value [C] and decide if the vertical value is MORE important. If it is, put a check. If it is LESS important, put an X.

Keep going in this way till you have a tick or a cross in all boxes. Then add up the total number of ticks for each vertical value to provide the score for each and then rank them highest to lowest.

## RANKING NEGATIVE VALUES

Negative Values												
		A	B	C	D	E	F	G	H	I	J	Total
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												



# TOP 5 POSITIVE vs. NEGATIVE VALUES

Rank	Positive	Negative
1		
2		
3		
4		
5		