**PURPOSE WITH THE EXERCISE:**

**MOTIVATION**

 **KNOW YOUR VALUES**

To find, choose and give priority to the values you find most important.

**HOW TO DO IT:**

1. Taking into account the lesson about values and your results from [the VIA Character questionnaire](https://www.viacharacter.org/survey/account/register) , you must select you 5 most important values. Use the list from VIA as inspiration, and choose only the ideas that make sense to you. Accordingly you do not need to choose the top 5 ideas from the list, as well as you are welcome to include ideas that are not in the list.
2. When you have chosen 5 values, you must prioritise the 3 most important. It can be hard, but if you were forced to do so – and you are now – which values are more important to you, than others?
3. At last, you must try to make your value ideas more specific. You do that by bringing personal examples of situations were your values express themselves in your life.

**EXERCISE**

Step 1:

Think about five elements, which you consider the most important for you to thrive in a future job. It can be things like `collaboration´, `creativity´, `good collegaues´, `high salary´, `making a difference´ or something completely else.

**Write the 5 values here:**

**1.**

**2.**

**3.**

**4.**

**5.**

Step 2:

Next step is to prioritise in the values in front of you. What is most important among these main elements?

The point is that you try to cut down on the many elements that can confuse you when thinking ahead.

What is left, are ideas that you know you can navigate from when you are to define or maybe even find a job. It does not have to be the job of your dreams but it should contain elements of it.

**Write down the prioritised order her:**

**1.**

**2.**

**3.**

Step 3:

Last step of the exercise is to make one or several of your statements more specific.

Consider how it express itself that a certain concept is something you value. What does it mean for your way to think, act and solve different tasks?

*Example: Justice. It is and has always been very important to me that I experience situations and acts as just.*

*I do not necessarily need to get my way or win the argument, but is its extremely important to me that everyone has had equal opportunity to get their saying i a matter – a kind of due process of law.*

*Therefore it is also something I can respond strongly to in case I experience situations and processes that are not just.*

*For the same reason, as an example, I have been part of introducing a structure for treating complaints in a voluntary association to make sure that justice was done in all cases no matter who it was. In that way the procedure in connection to complaints also gets more transparent for the members of the association. At the same time it gives the members the possibility to experience a just process.*

**Write down you descriptions here:**

**1.**

**2.**

**3.**