Workplace Strategies for Mental Health

Compliments of Canada Life

WORKSHEET

Identify your values

Read through the following values and circle those that are most important to you at the present moment. For each of the values you circle, identify why it is important to you in your current role.

Value	I value this in my role because...
Acceptance	
Accuracy	
Achievement	
Authority	
Autonomy	
Caring	
Challenge	
Comfort	
Commitment	
Compassion	
Contribution	
Cooperation	
Courtesy	
Creativity	
Dependability	
Duty	
Family	
Flexibility	
Forgiveness	

Value	I value this in my role because...
Friendship	
Fun	
Genuineness	
Growth	
Honesty	
Humour	
Independence	
Industry	
Justice	
Knowledge	
Mastery	
Openness	
Order	
Power	
Purpose	
Rationality	
Responsibility	
Safety	
Self-control	
Stability	
Tolerance	

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