

UNSTICK YOUR PRODUCT MANAGEMENT CAREER

Values Worksheet

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Values represent the philosophy or principles to which a person or company adheres with some degree of emotion. Our beliefs about ourselves and how the world works inform us of *who we are* and *what we stand for*.

The following table lists some common values. There are a couple of blank spaces in case you don't see all the values here that resonate with you.

1. Ensure you are in a quiet place without distractions, and you feel relaxed, calm. Be sure you have adequate time to spend on this exercise, at least 30 minutes. You will need to be vulnerable with yourself and trust your instincts to build self-awareness.
2. Scan the list of values quickly, crossing off words that don't intuitively appeal to you. You will have about a dozen value words remaining.
3. Consider the meanings of the remaining value words. What does this word mean to you specifically? Don't conflate your values with the beliefs of your parents, your spouse, your children, your friends, or work colleagues. Just focus on whether these words reflect your beliefs of *who you are* and *what you stand for*.
4. Narrow the list of values to three to five words. Think about how these beliefs have influenced your decisions through your life in both personal and professional settings. Did these values influence you when you were 20-years old? Have these beliefs impacted your decisions in choosing a career? Have they informed your leadership style?
5. Write a **personal mission statement**. You can do this by yourself or run your selected values through an AI engine. Tweak the output until you are confident that the mission statement reflects *who you are* and *what you stand for*.
6. Share your mission statement with your trusted advisers and mentors. Ask if they think it represents how they see you, *who you are* and *what you stand for*. Adjust as necessary.
7. During the next week, contemplate whether these values and this mission statement resonate with your actions and inform your decisions. Repeat the exercise, if necessary.

Achievement	Competency	Health	Leisure	Security
Adventure	Creativity	Honesty	Loyalty	Service
Attitude	Faith	Humor	Optimism	Stability
Authenticity	Family	Justice	Peace	Status
Authority	Friendship	Kindness	Perseverance	Trust
Balance	Fun	Knowledge	Pleasure	Wealth
Charity	Generosity	Leadership	Popularity	_____
Compassion	Growth	Learning	Recognition	_____

My Values:

My Mission Statement: