



My Values Questionnaire™

Report prepared for
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Introduction

The My Values Questionnaire (MVQ) identifies your core values and the extent to which you are living and working in alignment with them.

Values are those things that we place the highest priority on. While most of us juggle numerous priorities on a daily basis, there are some concepts that, when it comes to the crunch, we consider to be our most important values. The MVQ questionnaire not only helps to reveal those key priorities, but also how well we are living our values at work, and in life in general.

Using the information in this report

Your MVQ report contains some powerful insights into the level of alignment with which you are living and working. While some of it may not come as a surprise, we often find that putting words and numbers to what we are experiencing can create great clarity.

If your results indicate that you are not living and working in alignment with your values to the extent you would like, take some time to consider where you can make some small changes initially. It is seldom a good idea to make significant life changes without careful thought and consideration.

This report contains two exercises which can guide you with making values-based decisions and deciding on actions.

It can also be beneficial to seek the advice of a trusted mentor or coach to support you in any change.



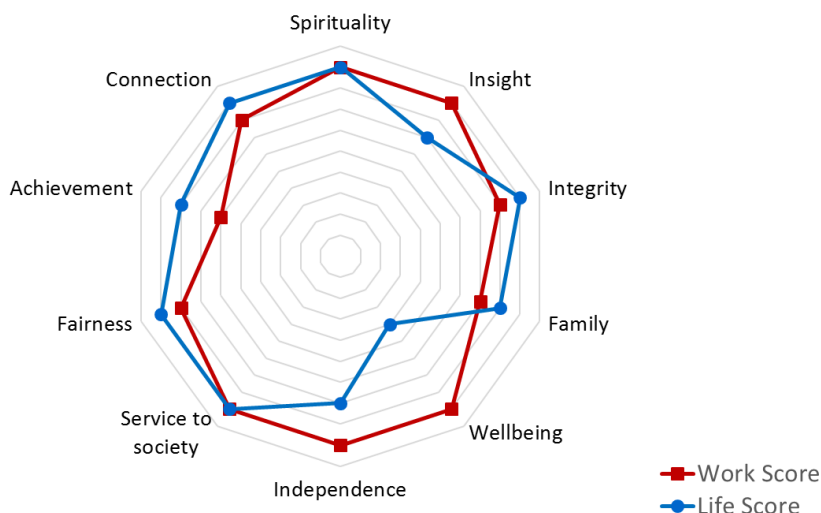
Your Highest Priority Values

Your scores indicate that these are the values which are most important to you in order of importance, along with the associated concepts which define that value. We have left a space for you to add any additional notes about how you define each value for yourself.

| Value | Related Concepts | Your Definition |
|---------------------------|--|-----------------|
| Spirituality | inner harmony, purpose, higher self, self-respect, tranquility | |
| Insight | wisdom, knowledge, learning | |
| Integrity | trust, loyalty, honesty, openness | |
| Family | home, ancestry, history | |
| Wellbeing | health, comfort, relaxation | |
| Independence | resourcefulness, autonomy, self-direction | |
| Service to society | contribution to society, peace, social sustainability, making a difference to people's lives | |
| Fairness | justice, equality, egalitarianism | |
| Achievement | mastery, self-competence, excellence, challenge | |
| Connection | love, companionship, relationship, sharing, support, intimacy | |

How Are You Living Your Priority Values?

The chart below indicates the extent to which you indicated you are experiencing your priority values in your life and your work. The closer the marker lies to the edge of the chart, the more you indicated you are in alignment with that value.





Your scores for all 22 MVQ Values

Below are your scores for all of the 22 values measured by the MVQ, along with the importance you place on them and the extent to which you indicated you are living them in life and work.

| Value | Score | Work Score (1-10) | Life Score (1-10) | Related Concepts |
|--------------------|-------|-------------------|-------------------|--|
| Spirituality | 94 | 9 | 9 | inner harmony, purpose, higher self, self-respect, tranquility |
| Insight | 87 | 9 | 7 | wisdom, knowledge, learning |
| Integrity | 84 | 8 | 9 | trust, loyalty, honesty, openness |
| Family | 82 | 7 | 8 | home, ancestry, history |
| Wellbeing | 80 | 9 | 4 | health, comfort, relaxation |
| Independence | 79 | 9 | 7 | resourcefulness, autonomy, self-direction |
| Service to society | 79 | 9 | 9 | contribution to society, peace, social sustainability, making a difference to people's lives |
| Fairness | 75 | 8 | 9 | justice, equality, egalitarianism |
| Achievement | 68 | 6 | 8 | mastery, self-competence, excellence, challenge |
| Connection | 63 | 8 | 9 | love, companionship, relationship, sharing, support, intimacy |
| Exploration | 62 | 8 | 6 | variety, interest, curiosity, adventure |
| Caring | 61 | 8 | 7 | helping others, service, compassion |
| Security | 56 | 8 | 5 | self-preservation, making ends meet, providing, safety |
| Simplicity | 56 | 6 | 3 | stability, order, making sense of the world, clarity |
| Environment | 54 | 7 | 6 | environmental sustainability, making a difference to the future of the planet |
| Freedom | 53 | 8 | 7 | choice, individuality |
| Self expression | 53 | 9 | 9 | creativity, ideas, imagination |
| Influence | 52 | 9 | 8 | power, control, authority |
| Community | 50 | 9 | 9 | sense of belonging, support |
| Tradition | 44 | 8 | 6 | honour, respect, conformity |
| Fun | 40 | 5 | 4 | play, pleasure, stimulation, recreation |
| Recognition | 36 | 9 | 9 | status, prestige, acknowledgement, validation |

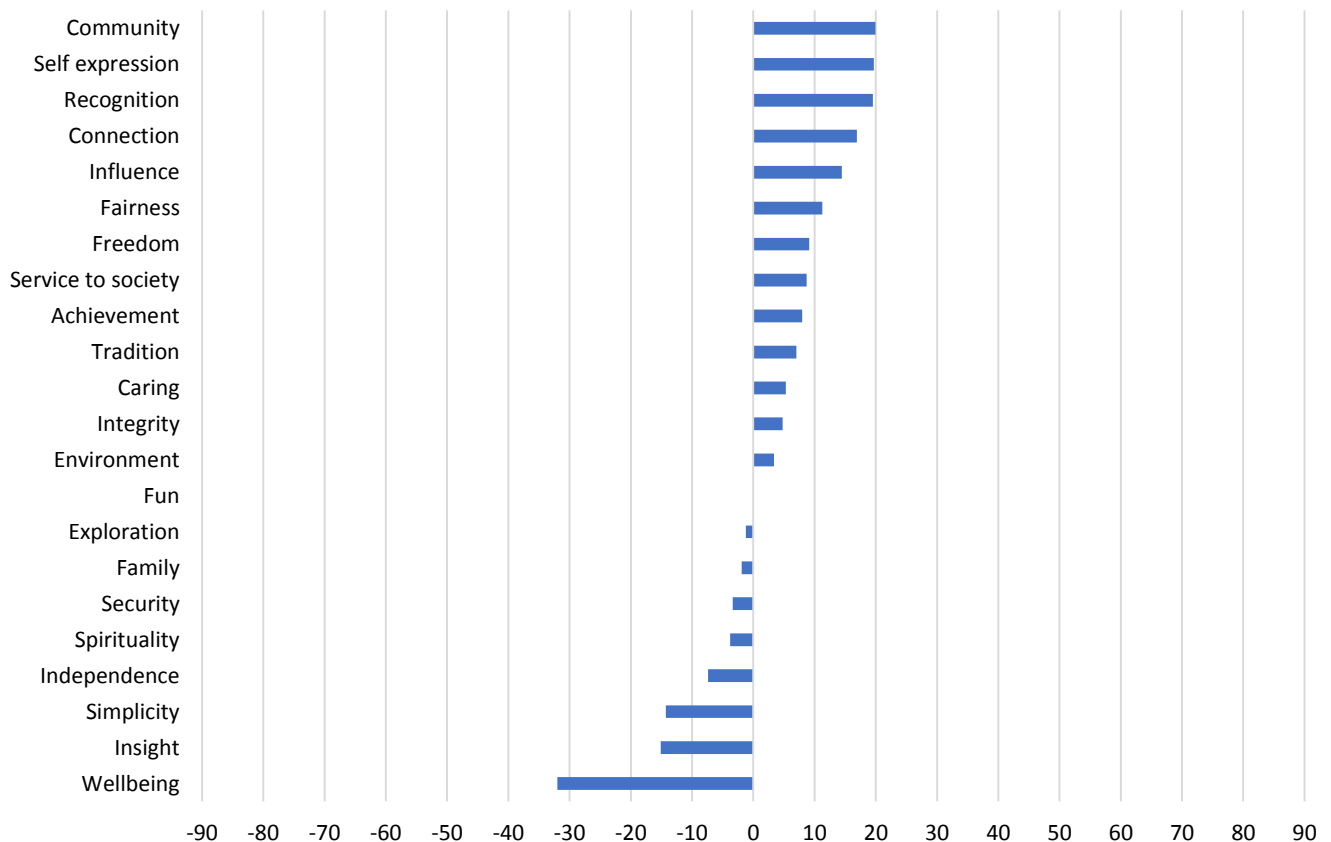


Your Level of Values Satisfaction in Life

This chart indicates the extent to which your current life experience is aligning with the importance you place on each of the 22 MVQ Values. By combining importance and current experience, a satisfaction score has been calculated.

For your highest priority values, any shortages in how you are experiencing them will be highlighted in this chart as Dissatisfied, as they are likely to be felt more strongly than deficiencies in values which are not of great importance to you.

Life Values Satisfaction



Below 0 = "Dissatisfied"

Your current experience is falling short of the importance you place on these values

0 = "Satisfied"

Your experience of these values is matching the importance you place on them

Above 0 = "More than satisfied"

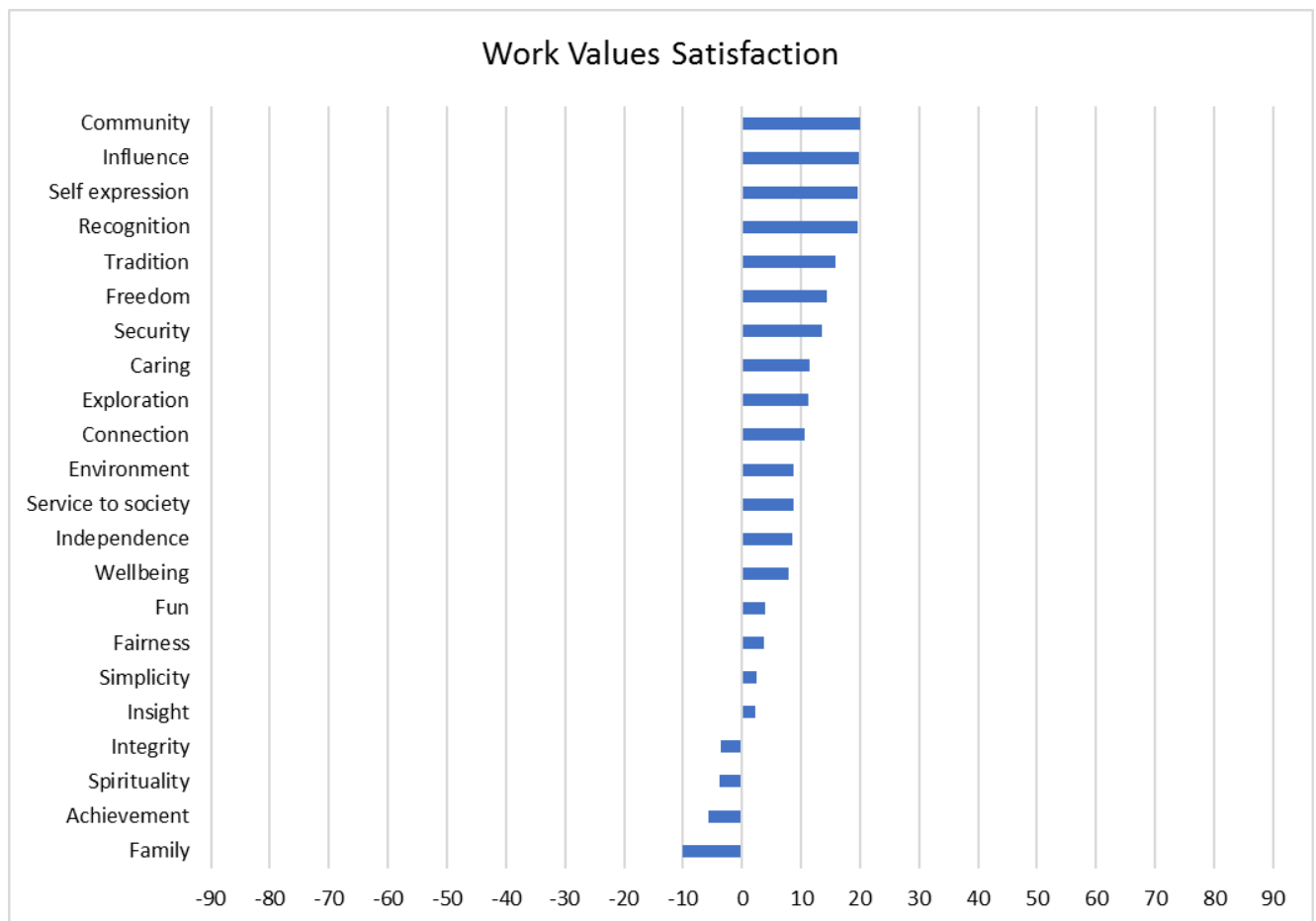
Your experience of these values exceeds the importance you place upon them.



Your Level of Values Satisfaction at Work

This chart indicates the extent to which your current work experience is aligning with the importance you place on each of the 22 MVQ Values. By combining importance and current experience, a satisfaction score has been calculated.

For your highest priority values, any shortages in how you are experiencing them will be highlighted in this chart as Dissatisfied, as they are likely to be felt more strongly than deficiencies in values which are not of great importance to you.



Below 0 = "Dissatisfied"

Your current experience is falling short of the importance you place on these values

0 = "Satisfied"

Your experience of these values is matching the importance you on them

Above 0 = "More than satisfied"

Your experience of these values exceeds the importance you place upon them.



Values Exercise 1: Values-based Action Planning

Use the table below to identify any gaps between what you value, and what you are experiencing. You can then commit to some actions which will close the gaps and help you live a more values aligned life. An example has been provided, along with instructions below.

| My Values | My definition | How would I like to live this value | MVQ score for this value | What gets in the way? | Actions to live this value better |
|-------------------------------|--|--|--------------------------------------|--|--|
| Example Environment | <i>Living in a way which minimises my impact on the planet</i> | Life: Volunteering to an environmental group on weekends Work: Minimising resource use. Recycling | Life: 5 Work: 4 | Life: Procrastinate, watch TV on weekends Work: Nobody else cares | Life: Attend the meeting of the local Climate Action Group this Tuesday. Work: Speak to office manager about getting recycling bins |
| | | Life: Work: | Life: Work: | Life: Work: | Life: Work: |
| | | Life: Work: | Life: Work: | Life: Work: | Life: Work: |
| | | Life: Work: | Life: Work: | Life: Work: | Life: Work: |
| | | Life: Work: | Life: Work: | Life: Work: | Life: Work: |

Instructions

- My Values:** Write your Top 5 Values. Or you can use 5 values which you want to focus some attention on.
- My Definition:** Write a definition which best fits the way you view this value. You can use the MVQ “related concepts”, or come up with some words of your own.
- How would I like to live this value?** If you were really living this value, what would you be doing? Consider how this would be at work, and in your life in general.
- What score did I give it in the MVQ?** Write the score you gave for how you are currently experiencing that value (page 4)
- What gets in the way?** Where your score is less than 10, write down some of the things which typically prevent you from living this value to its fullest.
- Actions to live this value better:** Write down an action(s) that you will take to live this value more. Try to come up with practical actions which you can do immediately to move the score for this value up.
- Now go and get started on it!**



Values Exercise 2: Values-based Decision-Making

The grid below can help you make decisions using values alignment as a criteria to guide you. By using values to guide our decisions, we can ensure that more of our choices are consistent with what is truly important to us. An example has been provided, along with instructions below.

| Decision | Options | Which values does this option most represent? | How do these values align with my priority values? |
|---------------------------------|--|---|--|
| Example: Which house to buy? | 1. Great entertaining spaces. close to the beach | Fun, adventure | 4 |
| | 2. Close to work, zoned for prestigious schools | Wellbeing, recognition, achievement | 7 |
| | 3. Close to grandparents, eco-friendly | Family, caring, environment | 8 |
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Instructions

1. **Decision:** Write a decision which you are currently faced with.
2. **Options:** Write down the various options which you could take.
3. **Which Values does this option represent?** For each of the options, consider which of the 22 MVQ values will be most represented by choosing this option. Write more than one value if you feel that more than one value applies.
4. **How well does this option feel like it supports my priority values?** Write a score from 1 (low) to 10 (high), according to how well you overall feel that each option will support your priority values. Consider whether the values which are supported by this option are really things which you hold important. Would you really choose to make these values a priority?
5. **Now make a decision!**