



# RESTORING YOUR CONNECTION TO YOUR PROFESSIONAL VALUES



## 1 Identify your top three to five professional values:

(from this list or other values):

- |                     |                     |                       |                        |
|---------------------|---------------------|-----------------------|------------------------|
| Accountability      | Cultural Competence | Compassion            | Professionalism        |
| Safety              | Inclusion           | Respect               | Reward and Recognition |
| Attention to detail | Punctuality         | Achievement           | Work-life balance      |
| Reliability         | Teamwork            | Increasing Competency | Making a difference    |
| Positivity          | Honesty             | Loyalty               | Autonomy               |

## 2 Rate your current experience in living out each value:

(1 = I'm acting very inconsistently with my values,  
10 = I am living fully by my values)

## 3 Identify your ideal state of living out each value:

(increased rating and what this looks like)

## 4 Identify one action step to move closer to living out each value:

Value	Current Rating 1-10	Ideal state (number and snapshot)	Planned action step