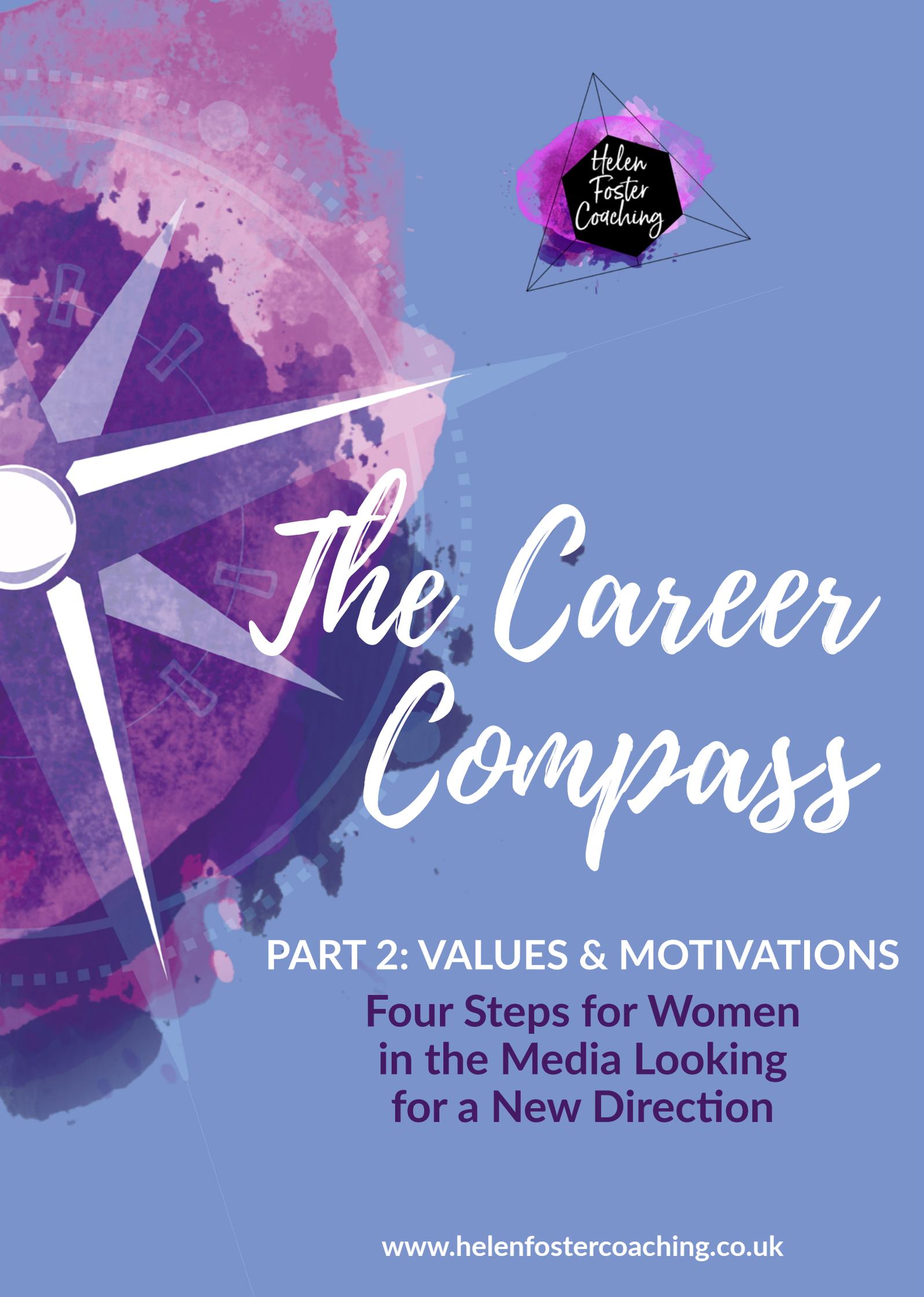


The logo for Helen Foster Coaching is a black hexagon with the name 'Helen Foster Coaching' written in white cursive script. It is set against a vibrant pink and purple watercolor splash and is enclosed within a thin black wireframe of a tetrahedron.

Helen
Foster
Coaching

A large, stylized compass rose is the central graphic element. It features a white needle pointing towards the top right. The background of the compass is a mix of purple and pink watercolor textures. The title 'The Career Compass' is written in a large, white, cursive font across the center of the compass.

The Career Compass

PART 2: VALUES & MOTIVATIONS

**Four Steps for Women
in the Media Looking
for a New Direction**

www.helenfostercoaching.co.uk



2. Values & Motivations

Welcome to Part 2. Having completed the Blob Tree exercise, you should be able to visually see where you are now, and where you would like to be. With this in mind why not find out your values and motivations?

Your values direct your internal compass and generate the motivation to get you up in the morning.

When you have a better idea of your values, you have a better understanding of how you tick and if your ambition, your values and your motivations are in sync.

Values Exercise Instructions



To identify your values, have a look at these words. Read through them and ring the ones you are instinctively attracted to. Do not over think this exercise.

Abundance	Balance	Composure
Acceptance	Beauty	Concentration
Accessibility	Being the best	Confidence
Accomplishment	Belonging	Conformity
Accuracy	Benevolence	Congruency
Achievement	Bliss	Connection
Acknowledgement	Boldness	Consciousness
Activeness	Bravery	Consistency
Adaptability	Brilliance	Contentment
Adoration	Buoyancy	Continuity
Adroitness	Calmness	Contribution
Adventure	Camaraderie	Control
Affection	Candour	Conviction
Affluence	Capability	Conviviality
Aggressiveness	Care	Coolness
Agility	Carefulness	Cooperation
Alertness	Celebrity	Cordiality
Altruism	Certainty	Correctness
Ambition	Challenge	Courage
Amusement	Charity	Courtesy
Anticipation	Charm	Craftiness
Appreciation	Chastity	Creativity
Approachability	Cheerfulness	Credibility
Articulacy	Clarity	Cunning
Assertiveness	Cleanliness	Curiosity
Assurance	Clear-mindedness	Daring
Attentiveness	Cleverness	Decisiveness
Attractiveness	Closeness	Decorum
Audacity	Comfort	Deference
Availability	Commitment	Delight
Awareness	Compassion	Dependability
Awe	Completion	Depth



Exercise



Desire
Determination
Devotion
Devoutness
Dexterity
Dignity
Diligence
Direction
Directness
Discipline
Discovery
Discretion
Diversity
Dominance
Dreaming
Drive
Duty
Dynamism
Eagerness
Economy
Ecstasy
Education
Effectiveness
Efficiency
Elation
Elegance
Empathy
Encouragement
Endurance
Energy
Enjoyment
Entertainment

Endurance
Energy
Enjoyment
Entertainment
Enthusiasm
Excellence
Excitement
Exhilaration
Expectancy
Expediency
Experience
Expertise
Exploration
Expressiveness
Extravagance
Extroversion
Exuberance
Fairness
Faith
Fame
Family
Fascination
Fashion
Fearlessness
Ferocity
Fidelity
Fierceness
Financial
Firmness
Fitness
flexibility
Flow

Fluency
Focus
Fortitude
Frankness
Freedom
Friendliness
Frugality
Fun
Gallantry
Generosity
Gentility
Giving
Grace
Gratitude
Gregariousness
Growth
Guidance
Happiness
Harmony
Health
Heart
Helpfulness
Heroism
Holiness
Honesty
Honour
Hopefulness
Hospitality
Humility
Humour
Hygiene



Exercise



Imagination
Impact
Impartiality
independence
Independence
Industry
Ingenuity
Inquisitiveness
Insightfulness
Inspiration
Integrity
Intelligence
Intensity
Intimacy
Intrepidness
Introversion
Intuition
Intuitiveness
Inventiveness
Investing
Joy
Judiciousness
Justice
Keeness
Kindness
Knowledge
Leadership
Learning
Liberation
Liberty
Liveliness
Logic
Longevity
Love
Loyalty
Majesty
Making a difference

Mastery
Maturity
Meekness
Mellowness
Meticulousness
Mindfulness
Modesty
Motivation
Mysteriousness
Neatness
Nerve
Obedience
Open-mindedness
Openness
Optimism
Order
Organization
Originality
Outlandishness
Outrageousness
Passion
Peace
Perceptiveness
Perfection
Perkiness
Perseverance
Persistence
Persuasiveness
Philanthropy
Piety
Playfulness
Pleasantness
Pleasure
Poise
Polish
Popularity

Potency
Power
Practicality
Pragmatism
Precision
Preparedness
Presence
Privacy
Proactivity
Professionalism
Prosperity
Prudence
Punctuality
Purity
Realism
Reason
Reasonableness
Recognition
Recreation
Refinement
Reflection
Relaxation
Reliability
Religiousness
Resilience
Resolution
Resolve
Resourcefulness
Respect
Rest
Restraint
Reverence
Richness
Rigor
Sacredness





Exercise



Sacrifice
 Saintliness
 Sanguinity
 Satisfaction
 Security
 Self-control
 Selflessness
 Self-reliance
 Sensitivity
 Sensuality
 Serenity
 Service
 Sexuality
 Sharing
 Shrewdness
 Significance
 Silence
 Silliness
 Simplicity
 Sincerity
 Spontaneity
 Spunk
 Stability
 Stealth
 Stillness
 Strength
 Structure

Success
 Support
 Supremacy
 Surprise
 Sympathy
 Synergy
 Teamwork
 Temperance
 Thankfulness
 Thoroughness
 Thoughtfulness
 Thrift
 Tidiness
 Timeliness
 Traditionalism
 Tranquillity
 Transcendence
 Trust
 Trustworthiness
 Truth
 Understanding
 Unflappability
 Uniqueness
 Unity
 Usefulness
 Utility
 Valour

When you have done this, identify the 20 most powerful values that resonate with you. Write them on a separate piece of paper. They do not have to be in any particular order.

Then on another sheet of paper, reduce your list from 20 to 10. Be disciplined with yourself. Only pick 10. Which values stand out for you?

Write down why you have chosen these 10 values.

Now, from the list of 10, you must choose the five values which are most important to you.

- 1.
- 2.
- 3.
- 4.
- 5.

These are your core values.

When you see them written down in black and white, what do you learn about yourself.?

What does it reveal about the things that are important to you? Are you surprised in any way?

Be curious.

Call me on 07976 729 636 to discuss further. Or drop me an email: helen@helenfostercoaching.co.uk.

What you learn may provoke deep thinking and soul searching. Whatever feelings you have you work this through in parts 3 & 4 - Beating the Obstacles and Taking Action.

