



Personal Wellbeing and Self-Care VMware - Summer 2021

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Exercise on Personal Values

Our personal values act as a compass or reference guide for who we are and how we act in particular situations. We usually hold our values implicitly and most of us don't often think about our values in a conscious or structured way.

However, when we actively know our values and act in accordance with them, we are less likely to feel overwhelmed when we experience challenging situations. By identifying our values, we can establish a basic guide for us in our life.

To prepare for the break-out session, please take some time to think about the following areas of life and try to identify your top 5 values per area or, if they are the same, for all three.

Remember, there is no right or wrong, this is different for everyone. Attached is a list of values to help you identify them.

1. Your Family/Home Life
2. Your Personal Wellbeing
3. Your Work Environment