

## Handout 2.3a: Values in your daily work

Write down your top five values in the first column below.

In the second column write down what you do in your daily work that show that you are living and working to this value.

**NOTE:** Please only write what you *do*. Not what you think or feel or wish. In this exercise we are looking for actions or words, things that would be seen or heard if somebody was recording you with a video camera.

Value	What you already do to realise this value?