



## Power Talk Friday:

# The Importance of Values in Your Interior Design Business

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Episode 628

### INSTRUCTIONS:

You are driven by your values, yet those values may not reflect what you really want out of your work and your life. They may only be things you were taught to want. By building our careers around our values we create work that is satisfying and meaningful to us.

### IMPORTANT:

Values change over time, and deepen as you understand yourself better. Your Values can also be situational i.e. what's true for you at work may not be true for you at home. The Sample Values List below is ONLY to give you ideas. We are each unique, so there will undoubtedly be words that are missing from this list, and different words that sum up your Values better. So feel free to amend or add to the words in the list below.

Now, look over the list on the following page and take about 10 minutes to circle 10 values that feel most important to you at this time. One of the things that might be helpful to remember is that when things are going well, your values are being honored. Conversely when things are not going well, one or more of your values are being challenged. Take the time to think back to a time when you truly enjoyed your position and the manner in which you were leading. What values were being honored then? You may also think about a challenging time and try to see what values were being challenged or were missing.

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|-------------------|-------------------|------------------|
| • Accomplishments | • Broadmindedness | • Cooperation    |
| • Accuracy        | • Calm            | • Courage        |
| • Achievement     | • Challenge       | • Creativity     |
| • Acknowledgement | •                 | • Curiosity      |
| • Adventure       | • Collaboration   | •                |
| • Aesthetics      | • Community       | • Determination  |
| • Affiliation     | • Compassion      | • Directness     |
| • Appearance      | • Competency      | • Discovery      |
| • Approval        | • Competition     | • Education      |
| • Authenticity    | • Comradeship     | • Ease           |
| • Authority       | • Confidence      | • Effortlessness |
| • Balance         | • Connectedness   | • Empowerment    |
| • Beauty          | • Contentment     | • Enthusiasm     |
| • Boldness        | • Contribution    | • Environment    |



- Excellence
- Family
- Fairness
- Fast Pace
- Flexibility
- Focus
- Forgiveness
- Freedom
- Friendship
- Fun
- Generosity
- Gentleness
- Growth
- Happiness
- Harmony
- Health
- Helpfulness
- Honesty
- Honor
- Humour
- Idealism
- Independence
- Influence
- Innovation
- Integrity
- Intellectual Stimulation •
- Intellectual Status
- Intuition
- Joy
- Kindness
- Learning
- Leisure
- Listening
- Love
- Loyalty
- Management
- Material Status
- Moral Fulfillment
  - Optimism
  - Orderliness
  - Participation
  - Partnership
  - Passion
  - Patience
- Peace
- Power
- Presence
- Productivity
- Prestige
- Recognition
- Respect
- Resourcefulness
- Romance
- Safety
- Security
- Self-Esteem
- Self-Expression
- Self-Improvement •
- Service
- Simplicity
- Spaciousness
- Spirituality
- Spontaneity
- Strength
- Tact
- Thankfulness
- Tolerance
- Tradition
- Travel
- Trust
- Understanding
- Unity
- Variety
- Vitality
- Wisdom
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