# Your values, motivation and career priorities

## Complete at least 2 of the 4 exercises in this assignment

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| 1. **Identify your core values**   Identify what makes you feel most proud, happy, and fulfilled.  **Pride**  First, consider times you’ve felt the strongest sense of pride. Then, answer the questions below:   * Why were you proud? * What factors contributed to those feelings of pride? * Did others share the pride with you?   **Happiness**  Next, consider times when you felt the happiest. Think about moments that relate to your personal life and your work life. Then, consider the following questions:   * What were you doing? * Why did you feel happy? * What factors contributed to your happiness? * Were you with other people? And, if so, what impact did they have?   I won a game of Pétanque this Saturday  **Fulfilment**  Finally, think back to when you felt most fulfilled. Fulfilment often goes hand in hand with a sense of purpose. To uncover fulfilment, consider those longer-term events that instilled overall satisfaction. Then, answer the following questions:   * What need was fulfilled? * How did the experience give your life meaning? Why do you think that is? * What circumstances contributed to your feelings of fulfilment?   On the basis of what you have learned about what makes you feel most proud, happy and fulfilled, list your core values below. The form does not matter. It can be a short bullet list of core values that appear from the above. Make sure you don't make the list too long. |
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| 1. **Career highs and lows**   Draw a career timeline with your   * important career events (including studies and student jobs) * major career decisions. * Reflect on how you felt and what motivated you in the different phases of your career so far.   Look for clues to identify and better understand the motives that have driven your career choices.  Are any particular themes appearing?  Insert a photo of your drawing and write down your observations and reflections below. |
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| 1. **Observe yourself (at least for a day, but try a whole week for a better result)**   It can be difficult to look back on your past and understand your motivations. Sometimes we can't get beyond how we want to be perceived.  That’s why the next step is to observe your **behaviours** systematically.  Pay attention to **spikes in individual productivity or effort**. Notice when you get excited about your work (or something else in life):   * What’s the context? * What changed, or what activated the increased motivation?   Likewise, take note **when your mood or productivity takes a dive**.   * What factors, or lack thereof, are decreasing your motivation? |
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| 1. **Away from or towards?**   Create a list of different situations/tasks **in your current job** as a PhD student.  Distribute each of the tasks you identified according to how you feel about them. Are you drawn towards them? Are you trying to avoid them?  I’m drawn towards: |
| A good |
| I’m trying to avoid: |
| This course |

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| What do these observations tell you about your motivation? |
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