

Assignment Week 2 – Values Assessment Results and Reflection

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- 7: Selfless service
- 6: Making a positive difference in the world
- 5: Finding meaning in existence
- 4: Letting go of fears.
The courage to develop and grow
- 3: Feeling a sense of self-worth
- 2: Feeling protected and loved
- 1: Satisfying our physical and survival needs

Positive ● Potentially Limiting (L) ○

	Area
achievement	3
ambition	3
caring	2
commitment	5
family	2
generosity	5
health	1
independence	4
job security	1
patience	5

From the values you selected it is clear that you are a person for whom meaning is important. You have a strong set of moral standards which are important in how you treat others and how you wish to be treated.

Your values show:

- You strive to succeed and set high aspirations for yourself.
- Showing kindness and giving to others allow you to express your true spirit.
- You demonstrate dedication in all that you do.
- Close relationships are of the utmost importance to you and they are central in the decisions that you make.
- Physical and mental well-being is important to you and you make efforts to keep in as good a condition as possible.
- You appreciate the freedom of autonomy and not being reliant on others.
- Feeling that your job is safe and that you will be able to provide for yourself in the future is essential for you.
- You remain calm in times of frustration and are willing to wait for things to come to fruition.

The type of values you selected indicates that your individual capabilities are most important to you.

Understanding our values helps us better understand ourselves and why we may act or react in the way that we do. For example, if someone undermines one of your values it can result in feelings of hurt; you would be likely to feel upset if your value of "commitment" was not being honored by someone else. Similarly, if you make a decision which goes against one of your values this may lead you to feel uneasy or unsettled about the decision, because you are not being true to yourself.

According to the test taken, Here are my top five core value:

1) Ambition

I completely agree with the test rating ambition as my best value. I can confirm this because of the amount of time and hard work I put into my career. I have also recently begun my internship, which is very difficult, in addition to handling the stress of lectures and assignments. Everyday, I aspire to achieve.

2) Patience

While this quality was stated by the test as my core positive value. I disagree with it, because this is a quality that I lack in my view and I still need to work on it.

3) Independence

As I moved into a new house recently, I have taken on the responsibilities of cooking for myself and paying my own bills. I also am planning to pay for my own college fees when I apply for universities next year.

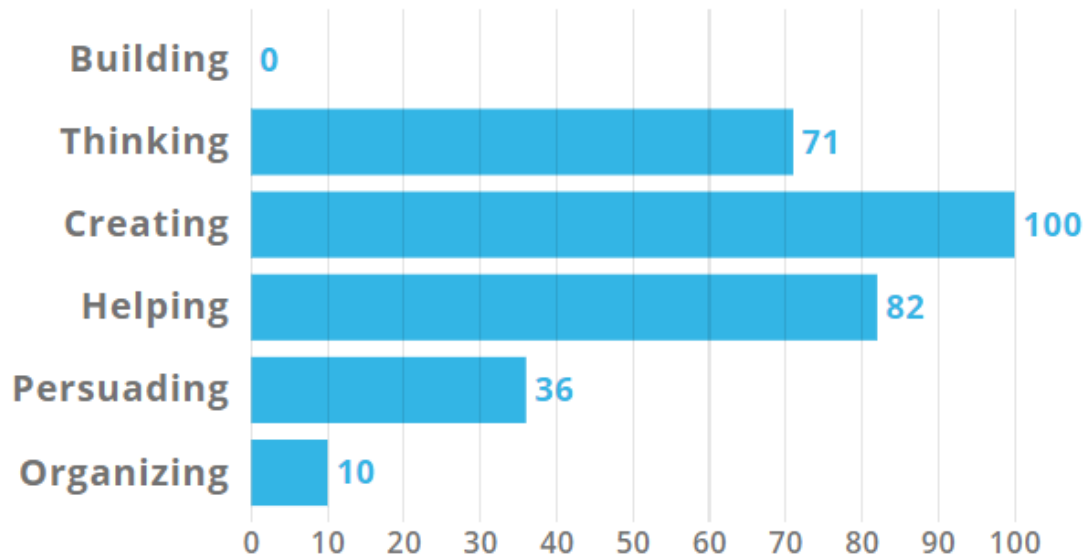
4) Family

My family now has more time to spend with each other because of the pandemic and the workplaces and schools that are being kept online. My extended families get together at a zoom meeting to everyone closer to each other.

5) Health

For me, Health is of vital importance. What helps me to complete my daily tasks is a fresh mind and a fit body. I go every day for a walk and make sure I have a nutritious and balanced diet to keep my health under control.

Holland test



I agree with the test results, I definitely have the talent of thinking outside the box and love creating any sort of art.