Title of tool Self - Awareness Exercise: Exploring Professional Values	
Aim of the Tool	The objective of this tool is to increase the awareness of our own system values. Realizing what is important to you in a career will help you to search for and ultimately find the one that will provide you with what you are looking for. Your values will influence the type, content and performance of your chosen profession. It is important to know exactly why you hold these values.
Materials necessary to use the tool (ex. Whiteboard, pen and paper, room with chairs in a circle, internet connection, computer or mobile phone etc.)	Exercise sheet and Pen, a comfortable room where you can reflect about your system values.
Involvement of other people (for example teacher, company tutor, parents etc)	The tool can be used in autonomy or with the support of a tutor/coach which can explain to students why the awareness about one's system values are so important.
Link for the tool (online link for example)	NA
Indication on how to use the tool	If used in class or with the support of a coach/tutor explain first what System Values are and why being aware of them is so important. Hand the students the exercise sheet and ask them to: - First, read the explanation - Then to carefully read the list of personal and professional values and to note in the corresponding column how they feel about them. Tell them to fill in any other values they consider important to themselves. Attention: Highlight that the exercise is about their own values and that they must think about how you feel about each one and not how their parents, friends or in general people important to them feel about it. - Then ask them to review their list of values again and to choose and mark under the list the 5 most important ones. - As the last step,ask them to write their 5 most important values on the exercise sheet and to explain for each of them exactly why they are so important to them.

This publication has been developed with the financial support from the European Commission in the framework of Erasmus+ program me. The information and views set out in this publication are those of the authors. The European Commission and the Belgian National Agency may not be held responsible for the use, which may be made of the information contained herein.





Co-funded by
the European Union

This publication has been developed with the financial support from the European Commission in the framework of Erasmus+ program me. The information and views set out in this publication are those of the authors. The European Commission and the Belgian National Agency may not be held responsible for the use, which may be made of the information contained herein.