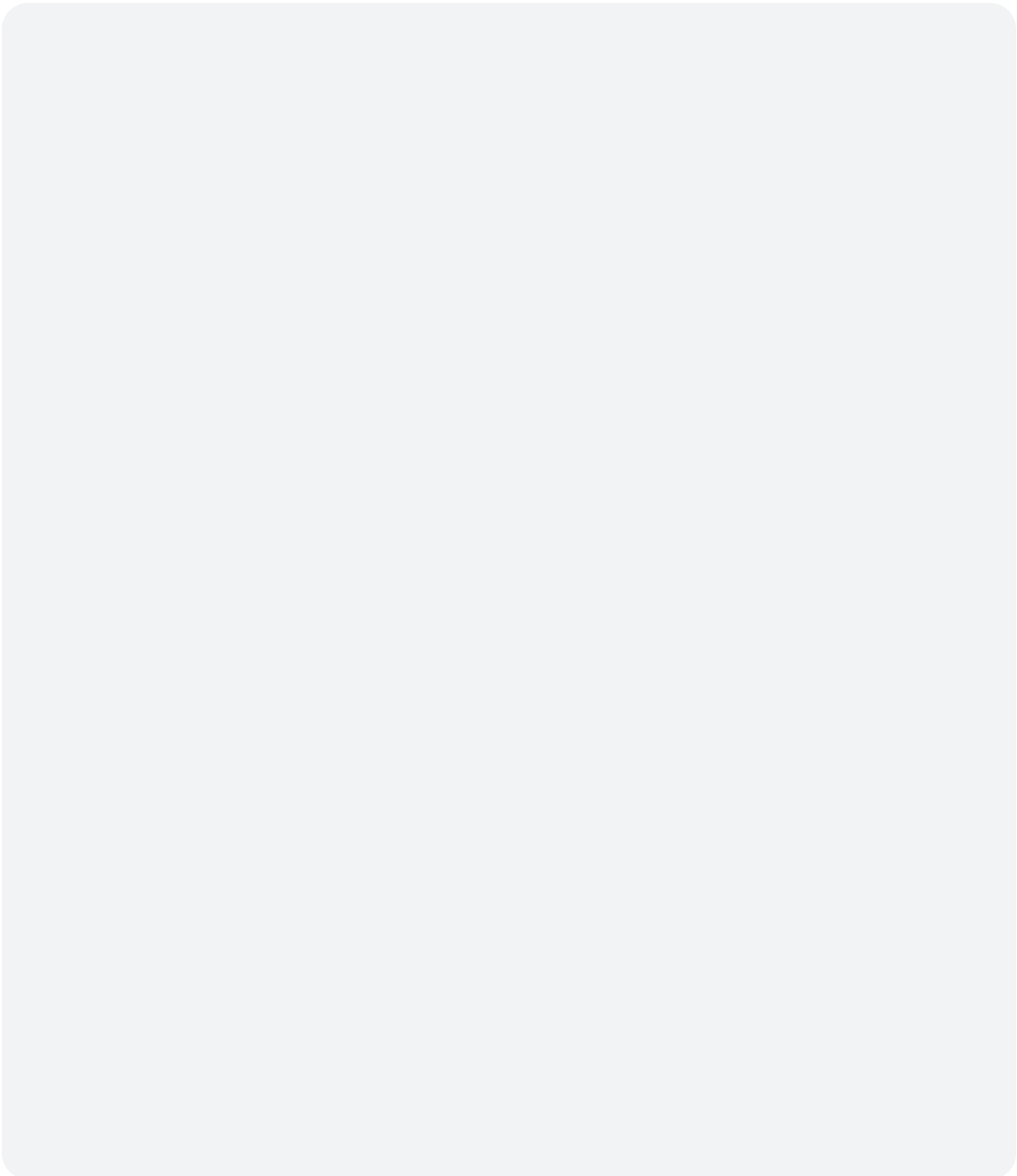


Handout 2.1: Your own retirement speech

In this exercise you are asked to imagine you are about to hear a speech given in celebration of you at your retirement.

Please note below the most important things about you and your work that you would really like to hear spoken about.



Handout 2.2: Choosing your own values

From the list below, choose the values that you think are important to you.

Mark them according to how important they are to you.

- ▶ This value is very important to me – put a circle around five values
- ▶ This value is moderately important to me – underline these
- ▶ This value is not important to me – leave these unmarked

Wisdom	Patience	Order	Mindfulness	Independence
Humility	Flexibility	Gratitude	Safety	Forgiveness
Spirituality	Responsibility	Power	Challenge	Encouragement
Adventure	Intimacy	Pleasure	Romance	Connection
Curiosity	Loyalty	Beauty	Skillfulness	Sexuality
Self-control	Self-development	Self-care	Self-awareness	Supportiveness
Respect	Reciprocity	Open mindedness	Fun	Contribution
Thoughtfulness	Tolerance	Assertiveness	Caring	Authenticity
Cooperation	Conformity	Compassion	Equality	Creativity
Excitement	Fairness	Fitness	Freedom	Friendliness
Generosity	Honesty	Justice	Courage	Humour
Sensuality	Love	Knowledge	Kindness	

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?

Handout 2.3b: Values in your daily work

Write down your chosen two values in the first column below.

In the second column write down what you will do in your daily work that will make this value more evident.

NOTE: Please only write what you will do. Not what you will 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 small change can you make to realise this value even more?