

# **Value Based**

## **Recognition / Appreciation**

*Write below how would you like someone to recognize you based on two of your values?*

For example:

**I value: Independence** (defined as: able to determine nature of work without significant direction from others. Not have to follow instructions or conform to regulations)

**How I would like to be recognized:** I would like my supervisor to acknowledge that they understand my values and recognize me by letting me do my work on my own and checking in with me to see how things are going rather than pre-determine exactly how I should do a project.

**1) I Value:** \_\_\_\_\_

**How I would like to be recognized based on that value:** \_\_\_\_\_

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**2) I Value:** \_\_\_\_\_

**How I would like to be recognized based on that value:** \_\_\_\_\_

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