

Skills Sprint - Day 2 - Values

AI prompts and tools to discover your values

Squiggly
Careers
Skills Sprint x AI

What is this squiggly skill?

Values are the things that motivate and drive you, give you direction, and help you make thoughtful decisions about your development.

Why it matters

When your values align with your work, you're more fulfilled, build stronger relationships, and able to make better decisions about your development.

Tool to try out

Discover your values with this free tool ([Values Institute](#)) that helps you identify and prioritise your values in minutes.



AI prompt to copy + paste

Act as a squiggly career coach. Be high care and high challenge in your approach.

My values, the things that motivate and drive me, are XX, XX, XX, and XX. I'd score each value XX, XX, XX, and XX out of XX for how much they show up in my work at the moment.

I'd like to increase each score by 1 on the scale. Can you give me three actionable ideas for how to do that for each value and present the ideas in a table?

Talk as a team

-  **Pick a value & a song**
Choose one of your values and find a song that represents it
-  **Create a team playlist**
Add everyone's songs to a playlist and play a short snippet of each
-  **Share & discuss**
Talk about each song's value and guess which one it represents.

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Watch Sarah & Helen explain why values matter and how AI can help you bring them to life on YouTube.



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