

Values: What is Important to You?

- 1) Check each value that is important to you.
- 2) Rate each of the values that you checked on a scale of 1 – 10.
(1 = it is not very important to me, 10 = it is extremely important to me)

Value	Check	Rating	Description of Value
Variety			Having many different tasks to do.
Routine			Keeping a routine that does not involve much change or surprise.
Security			Having a job that you are unlikely to lose.
Money			Making a lot of money.
Spiritual Beliefs			Having a career that fits with your spiritual beliefs.
Travel			Having a job that allows you to travel, either on or off the job.
Teamwork			Being able to work with many people as a team.
Independence			Being responsible for your own actions, schedule, etc.
Education			Being able to have many educational experiences.
Novelty			Doing many different things and having new opportunities.
Leadership			Taking on a leadership role.
Family			Having the time and resources to spend with family and friends.
Leisure Time			Having free time to spend how you wish.
Prestige			Being respected for your job.
Working Outside			Working outdoors.
Working Indoors			Working indoors.
Personal Space			Working in your own space.
People			Interacting and working with many people.
Ideas			Learning and working with different ideas.
Things			Working with physical objects.
Helping Others			Helping individuals or your community.
Safety			Having a job that does not involve much risk for personal injury.
Hands-On			Working with your hands.
Skills			Learning and developing various skills.
Creativity			Being able to be creative on the job.
Authority			Being in charge.
Informality			Working in a more relaxed environment that is not as structured.
Passion			Loving and caring about your work.
Challenge			Being challenged by your work.
Ease			Having easy work.
Influence			Having the opportunity to influence other people.
Results			Being able to see the results of your work.
Working Alone			Working by yourself without other people.
Fast Paced			Working at a fast pace.
Do you have any other values that are not here? List them below and rate them.			

- 3) Now you have a list of things that are important to you. Add your highest rated values to your *All about Me!* chart. Remember these when you are considering different careers.