Explore Your Values

Rate each of these values on a scale from 1 to 5, according to their level of importance to you. Then put a star next to the top 5 values which are most important to you overall.

5=Critical, 4=Very Important, 3=Important, 2=Slightly Important, 1=Unimportant

____ Help Society: Contribute to the betterment of the world, people, (possibly animals) or others.
____ Help Others: Help other people in a direct way, either individually or in small groups.
____ People Contact: Have a lot of day-to-day contact with people.
____ Team Work: Have close working relationships with a group; working towards common goals.
____ Affiliation: Be recognized and receive the prestige of being a member of a particular group.
____ Friendships: Develop close personal relationships with people as a result of my work activities.
____ Interpersonal Competition: Engage in activities which pit my abilities against others where there are clear win-and-lose outcomes.
____ Self Competition: Engage in activities which pit my abilities against my own prior performances.
____ Make Decisions: Have the power to decide courses of action, policies, etc.
____ Work Under Pressure: Work in situations where time pressure is prevalent, and/or the quality of my work is judged critically by supervisors, customers or others.
____ Power & Authority: Control the work activities or (partially) the destinies of other people.
____ Influence People: Be in a position to change attitudes or opinions of other people.
____ Work Alone: Do projects by myself, without significant contact with others.
____ Intellectual Status: Be regarded as a person of high intellectual prowess or as one who is an acknowledged expert in a given field.
____ Artistic Creativity: Engage in creative work in any of several art forms.
____ Creativity (general): Create new ideas, programs, organizational structures, etc.
____ Leadership: Have a job in which I am directly responsible for the work done by others.
____ Change & Variety: Have work responsibilities that frequently change in content and setting.
____ Precision Work: Work in situations where exactitude and attention to minute detail in work is necessary and valued.
Routine: Have a work routine and job duties that are largely predictable and not likely to change over a long period of time.

Security: Be in a job that is less likely to be threatened by changes in economy.

Fast Pace: Work in circumstances involving a high pace of activity and work is done rapidly.

Recognition: Be recognized for the quality of my work in some visible or public way.

Excitement: Experience a high degree of (or frequent) excitement in the course of my work.

Adventure: Have work duties which involve frequent risk-taking.

Profit / Gain: Have a strong likelihood of accumulating large amounts of money or material gain.

Independence: Be able to determine the nature of my work without significant direction from others. Not be closely supervised.

Moral Fulfillment: Feel that my work is contributing significantly to a set of moral standards, which I feel are very important.

Location: Find a place to live (town, geographical area) which is conducive to my life style, and affords me the opportunity to do the things I enjoy most.

Community: Live in a town or city where I can get involved in community affairs.

Physical Challenge: Have a job that makes physical demands which I would find rewarding.

Time Freedom: Have work responsibilities which I can work at according to my own time schedule; no specific working hours required.

Technology: Work in an environment that utilizes and advances with technology.

Progressive: Be in an environment that is progressive in its attitudes, work, service, or products. To work with the cutting edge.

Environmental Commitment: To work in an organization that benefits the environment.

Staying Put: A job that would allow me to stay within a specific geographical area.

Advancement: A job that results in regular increases in work responsibilities, depth, scope, etc.

Learning Opportunities: A job with regular, if not daily opportunities to learn new things.

Diversity: To work in an environment that has a proven track record in maintaining a diversified workforce, or promotes diversity through its work.

Add your own specific values, broad values or definitions not included above:

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