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. | | | |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

1. 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.