

Values Exercise

Consider the following list of work related values. How important are each of these values to you? A useful exercise is to rate the importance of each value (from 1 to 4, where 1 is not important and 4 is very important). After identifying your top ten values, rank these in order of priority.

- _____ **Social service**—is it important to you to contribute to the betterment of your community, country, or world?
- _____ **Direct contact with people**—do you enjoy working directly with people, either with the public or with clients and/or collaboratively with co-workers?
- _____ **Solitary work environment**—do you prefer to complete projects by yourself, without significant contact or input from others?
- _____ **Relationships**—is it important to you to develop personal contacts and friendships as a result of work? Is it important that your job permits time to have close personal and family relationships outside working hours?
- _____ **Job pressure, pace, and stress**—do you perform well under pressure? do you enjoy a fast-paced environment? To you cope well with job stress?
- _____ **Power/Authority**—do you like to make decisions, determine policies, and guide work activities and the work of others?
- _____ **Influence**—do you enjoy influencing and persuading others' attitudes and opinions?
- _____ **Knowledge**—is the pursuit of knowledge and understanding of key importance to you?
- _____ **Expertise/Competence**—is it important to become a subject area expert, with or without recognition?
- _____ **Creativity**—do you enjoy creating new ideas, organizations, programs, works of art?
- _____ **Aesthetics**—is it important to you to be involved in the study or creation of beauty, culture, truth?
- _____ **Change and variety**—do you like work that is routine or do you prefer variety your work?
- _____ **Job stability and security**—is it important that you hold a stable job for a long period of time with the assurance of continued employment at reasonable pay?
- _____ **Recognition and prestige**—is it important that your achievements be acknowledged and respected by others?
- _____ **Challenging problems**—do you enjoy problem solving? Is it important in your work?
- _____ **Opportunities for advancement**—do you value the opportunity to rapidly advance your career if you work hard?
- _____ **Excitement/Adventure/Risks**—do you enjoy a high degree of excitement and risk taking in your work?
- _____ **Wealth from income**—are you motivated by the potential of making a large amount of money?
- _____ **Independence**—is it important to you to live and work within your own priorities?
- _____ **Moral fulfillment**—is it important to feel your work is in accordance with, and perhaps even furthers, your moral beliefs?
- _____ **Physical work environment and work hours**—what kinds of environments do you prefer to work in? Do you prefer flexible hours or 9-5? Do you mind working overtime? Do you want summers off?
- _____ **Enjoyment**—is it important to you that you derive a high level of personal satisfaction from your work?
- _____ **Location**—is geographical location important to you and your family?