



Career Values Exercise

Consider the following list of work related values in the chart below. Rate each value listed with the following scale as to their importance to you - "1" being extremely important and "5" being not important.

CAREER VALUES	Most Important → Least Important				
	1	2	3	4	5
Enjoyment - getting a high level of satisfaction from your work	1	2	3	4	5
Excitement – getting a high degree of enthusiasm from your work	1	2	3	4	5
Social service - contributing to the betterment of your community, country, or world	1	2	3	4	5
Relationships - developing friendships through work	1	2	3	4	5
Income - making a large amount of money	1	2	3	4	5
Time - Having time to spend with family and friends	1	2	3	4	5
Opportunities for advancement - opportunity for rapid advancement	1	2	3	4	5
Status and prestige – having a job that is prestigious	1	2	3	4	5
Recognition – receiving recognition for your achievements by others	1	2	3	4	5
Authority – being in charge and making decisions	1	2	3	4	5
Creativity – being able to be creative in your work	1	2	3	4	5
Change and variety - having variety in your work more than routine	1	2	3	4	5
Job stability - having a stable job with the assurance of continued employment	1	2	3	4	5
Challenge – being regularly challenged at work with new activities	1	2	3	4	5
Fast paced – working in a fast-paced environment	1	2	3	4	5
Entrepreneur – working for yourself rather than someone else	1	2	3	4	5
Working with others - working collaboratively with others	1	2	3	4	5
Independence - working by yourself without significant contact with others	1	2	3	4	5
Physical work environment – being able to chose to work inside or outside	1	2	3	4	5

Work hours – being able to chose a set schedule or flexible hours	1	2	3	4	5
Location - the geographical location of where you work	1	2	3	4	5
Travel – having to travel or not travel for your work	1	2	3	4	5

From the list above, list your highest ranked qualities in order of importance to you with the first one being most important

1.
2.
3.
4.
5.
6.
7.
8.