

What are my values?

(from Career Planner: Choosing an occupation)

Things that are important to you are called values. Maybe you value helping other people solve computer problems. Or maybe you value making customers happy. Values are very personal. They belong to you and nobody else. You may have picked some of them up from people close to you, but you alone know what is most important to you.

Examples of values include:

- ◆ being part of the community
- ◆ being secure
- ◆ making the world a better place
- ◆ being healthy
- ◆ having friends
- ◆ making money.

My values

Read each sentence. Does it describe you? Select Yes, Sometimes or No.

I think that...	Yes	Sometimes	No
It's important to have good health			
It's important to learn new things			
It's important to grow personally			
It's important to have time and energy for my life away from work			
It's important to meet new people			
It's important to have a lot of friends			
It's important to have a steady job			
It's important to have a boss who is fair			
It's important to have a boss who is easy to get along with			
It's important to work in a comfortable place			
It's important to work in a safe place			
It's important to work with people I like			
It's important to know exactly what to do			
It's important to make the world a better place			
It's important to do something that I feel is important			
It's important to make a lot of money			
It's important to see the results of my work			
It's important to have an important work title			
It's important to have good family relationships			
It's important to be responsible for other workers			
It's important to protect the environment			
It's important to grow spiritually			

	Yes	Sometimes	No
It's important to do physical work			
It's important to have a chance for movement (related job & more pay)			
It's important to make the world more beautiful			
It's important to finish a difficult task			
It's important to do a job well			
It's important to make decisions together with other people			
It's important to be my own boss			
It's important to be creative and come up with new things or new ideas			
It's important to set my own hours of work			
It's important to plan my work			
It's important to control the order in which my work is done			
It's important to use my brain			
It's important to show my best abilities			
It's important to have a few close friends			
It's important to have interesting work			
It's important to have challenging work			
It's important to have exciting work			
It's important to have easy work			

Other things that are important to me:

Now go back over the whole list. Pick out the five things that are most important to you and list them here.

My main values are:

1. _____
2. _____
3. _____
4. _____
5. _____