# Career and Life Values

Rate each of these work values on a scale from 1 to 5, according to their level of importance to you. After completing your ratings, choose the top 5 values which are most important to you.

<table>
<thead>
<tr>
<th>No Importance To Me</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>Extremely Important To Me</th>
</tr>
</thead>
</table>

- **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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