

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.



- ___ **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.

Values Reflection



Add your own specific values, broad values or definitions not included above:

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Choose your top 5 values and write them below:

Based on your top 5 identified values, please create your own personal mission statement:

Your First Name	
Who is... (4 words describing your strengths)	
Who loves... (3 things you love to do)	
Who is looking for an experience because... (3 reasons here)	
Who needs... (3 things you want from the experience)	
Whose skills include... (3 things you're able to do)	
Who values... (2 things that are important to you)	
Who would like to explore an experience in the field of... (2 experience options listed here)	
Resident of... (the city you live in or where you'd like to live during your experience)	
Your Last Name	

Additional handouts can be found at: www.csbsju.edu/xpd/students/how-to

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