



# CAREER VALUES ACTIVITY

Values are deeply held beliefs which guide a person’s actions. Aligning your values with your career choices is essential to career satisfaction. In this exercise you will identify and reflect on what is important for you in your future career. Use your career values to guide your career decisions.

1. Review this list of career values and determine their level of importance to you (add any of your own values if not listed)
2. Review your “very important” career values and prioritize those further to identify your top 5 Career Values.

Career Value	Very Important	Somewhat Important	Not Important
<b>Advancement</b> – Be able to get ahead, gaining opportunities for growth and seniority from work well-done.			
<b>Aesthetics</b> – Be involved in studying or appreciating the beauty of things, ideas, etc.			
<b>Affiliation</b> – Develop close personal relationships with people as a result of work activity.			
<b>Be Self-Employed</b> – Have an opportunity to be your own boss during your career path.			
<b>Change and Variety</b> – Have work responsibilities frequently changed in content and setting.			
<b>Competition</b> – Engage in activities which pit my abilities against others.			
<b>Creativity (general)</b> – Create new ideas, programs, organized structures or anything else not following a format developed by others.			
<b>Diversity</b> – Work in an environment that embraces diversity of its employees.			
<b>Excitement</b> – Experience a high (or frequent) degree of stimulation in the course of my work.			





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Career Value (cont'd)	Very Important	Somewhat Important	Not Important
<b>Financial Reward</b> – Have strong likelihood of accumulating large amounts of money or other material gain through ownership, profit-sharing, commissions, merit pay increases or the like.			
<b>Fulfillment</b> – Feel that my work is contributing to ideas I feel are very important and believe in.			
<b>Help Others</b> – Be involved in helping people directly, either individually or in small groups.			
<b>Help Society</b> – Do something to contribute to the betterment of the world and make an impact with what you do.			
<b>Independence</b> – Be able to determine nature of work without significant direction from others; not have to follow instructions or conform to regulations.			
<b>Integrity</b> – To work in an environment that meets your individual moral interests.			
<b>Intellectual Status</b> – Be regarded as well-informed and a strong theorist, as an acknowledged “expert” in a given field.			
<b>Job Tranquility</b> – Avoid pressure and “the rat race” in job role and work setting.			
<b>Knowledge</b> – Consider the pursuit of knowledge, truth, and understanding of greater importance than monetary gain.			
<b>Lifelong Learning</b> – Pursue opportunities to increase your skills and knowledge related to your field of work.			
<b>Power and Authority</b> – Manage the work activities of others and guide their direction.			





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Career Values (continued)	Very Important	Somewhat Important	Not Important
<b>Public Contact</b> – Have a lot of day-to-day contact with people.			
<b>Recognition</b> – Get positive feedback and credit for work well done.			
<b>Security</b> – Be assured of keeping my job and a reasonable financial reward.			
<b>Stability</b> – Have a work routine and job duties that are largely predictable and not likely to change over a long period of time.			
<b>Status</b> – Impress or gain respect of friends, family and community by the nature and/or level or responsibility of my work.			
<b>Time Freedom</b> – Have responsibilities I can work at according to my schedule; no specific working hours required.			
<b>Travel</b> – Travel regularly for work for short and extended periods of time.			
<b>Work Alone</b> – Do projects by myself, without much contact with others.			
<b>Work Under Pressure</b> – Work in time-pressured circumstances, where there is little or no margin of error, or with demanding personal relationships.			
<b>Work/ Life Balance</b> – Have a balance between work and personal life commitments.			
<b>Add your own if you didn't find it represented :</b>			





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Prioritized your top 5 “very important” career values and write a brief note of why that value is a priority for you.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## Further Reflection:

What activities, experiences or people have influenced your career values?

What activities or experiences bring meaning or purpose to your life?

How do you view the purpose of work in your life?

