



VALUES WORKSHEET

When exploring careers it's important to take your values into consideration. This will help you choose a job and organization that best suite your personality and lifestyle.

INSTRUCTIONS

Step 1:

Review each value below and identify which ones are of High Importance, Medium Importance or Low Importance. Feel free to add any values that may be missing from the list.

Step 2:

Of those values you identified as High Importance (H), circle five in each category that of your highest priority.

JOB CHARACTERISTICS What you need from the job	High, Medium, or Low
Advancement	
Autonomy	
Challenging Work	
Clear Roles	
Feedback	
Helping/Serving Others	
Influence	
Intellectual Challenge	
Leadership Opportunities	
Learning New Skills/Abilities	
Manager Support	
Meaningful Work	
Productivity	
Recognition	
Increased Responsibility	
Teamwork	
Travel	
Variety	
Health Benefits	
Additional:	High, Medium, or Low

WORK CULTURE/ENVIRONMENT What you need from the organization	High, Medium, or Low
Competence in Leadership	
Cooperation	
Corporate Social Responsibility	
Diversity, Equity, Inclusion	
Environmental Responsibility	
Fairness	
Flexibility	
Friendship at Work	
Fun	
Honesty	
Innovative/Cutting Edge	
Integrity	
Loyalty	
Open Communication	
Predictability	
Prestige	
Stability	
Strategic/Forward Thinking	
Highly Profitable	
Additional:	High, Medium, or Low

PERSONAL NEEDS Values	High, Medium, or Low
Accomplishment/Achievement	
Adventure	
Artistic Expression/Creativity	
Beauty	
Excitement	
Family	
Physical/Mental Health	
Location	
Passion	
Personal Relationships	
Respect	
Risk-taking	
Salary	
Spirituality	
Status	
Success	
Trust	
Work/Life Balance	
Harmony	
Additional:	High, Medium, or Low

