Identifying Your Values

Review the list below and check a box to the right of the value to indicate how strong that value is to you. Add values you feel strongly about even if you don't think they're important to a job search or a career change.

Value	1 Very important	2 Important	3 Somewhat important	4 Not very Important	5 Not at all important
Advancement	❑	❑	❑	❑	❑
Autonomy	❑	❑	❑	❑	❑
Belonging to a team	❑	❑	❑	❑	❑
Challenges	❑	❑	❑	❑	❑
Collegial/Friendly environment	❑	❑	❑	❑	❑
Company stability	❑	❑	❑	❑	❑
Contributing to society	❑	❑	❑	❑	❑
Family needs	❑	❑	❑	❑	❑
Financial independence	❑	❑	❑	❑	❑
Fun	❑	❑	❑	❑	❑
Helping others to succeed	❑	❑	❑	❑	❑
Independence	❑	❑	❑	❑	❑
Intellectual stimulation	❑	❑	❑	❑	❑
Job satisfaction	❑	❑	❑	❑	❑
Job security	❑	❑	❑	❑	❑
Job stimulation	❑	❑	❑	❑	❑
Learning new skills	❑	❑	❑	❑	❑
Personal growth	❑	❑	❑	❑	❑
Power	❑	❑	❑	❑	❑
Recognition/Rewards	❑	❑	❑	❑	❑
Status	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑
	❑	❑	❑	❑	❑