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 | 2 | 3 | 4 | 5 |
| Very important | Important | Somewhat  important | Not very Important | 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 |  |  |  |  |  |
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