| Values are ideals and beliefs that are important to you. They influence all aspects of your life, including your work. Knowing your values helps you decide what jobs or career paths suit you.  *Rate each value by circling the appropriate number on a scale of 1-5* | | *Not Very important important* | |
| --- | --- | --- | --- |
| Challenge  You enjoy being stretched and given new problems to work on | | 1 2 3 4 5 | |
| Communication  You enjoy being able to express ideas well in writing or in speech | | 1 2 3 4 5 | |
| Creativity  Thinking up new ideas and ways of doing things is important to you | | 1 2 3 4 5 | |
| Expertise  You like being known as someone with special knowledge or skills | | 1 2 3 4 5 | |
| Freedom  You would like to have flexible work hours | | 1 2 3 4 5 | |
| Helping others  It’s important to you to help individuals or groups in your work | | 1 2 3 4 5 | |
| Helping society/community  You like your work to be worthwhile for the community | | 1 2 3 4 5 | |
| Independence  You like working your way without others telling you what to do | | 1 2 3 4 5 | |
| Learning  It's important for you to learn new things in the course of your work | | 1 2 3 4 5 | |
| Location  You want to work in particular places and not in others | | 1 2 3 4 5 | |
| Money  Earning a large amount of money is important to you | | 1 2 3 4 5 | |
| Organisation  You would enjoy being a part of a well-known organisation | | 1 2 3 4 5 | |
| Peace  You prefer not to have pressure or uncomfortable demands at work | | 1 2 3 4 5 | |
| People contact  You enjoy having a lot of contact with people | | 1 2 3 4 5 | |
| Physical activity  You want to be physically active | 1 2 3 4 5 | |
| Precision  You like working at things which involve care and concentration | 1 2 3 4 5 | |
| Pressure  You like working to deadlines | 1 2 3 4 5 | |
| Promotion  You like to work where there is a good chance of promotion | 1 2 3 4 5 | |
| Recognition  You want your work to be appreciated by others | 1 2 3 4 5 | |
| Routine  You prefer regular tasks and work patterns | 1 2 3 4 5 | |
| Security  You would prefer work which seems to offer job security | 1 2 3 4 5 | |
| Status  You enjoy being in a position which leads people to respect you | 1 2 3 4 5 | |
| Supervision  You enjoy being responsible for work done by others | 1 2 3 4 5 | |
| Surroundings  You want to work in pleasant surroundings | 1 2 3 4 5 | |
| Teamwork  You like to work in a team alongside others | 1 2 3 4 5 | |
| Work alone  You like to work on your own | 1 2 3 4 5 | |
| Other (please specify) | 1 2 3 4 5 | |

Look at the values which you rated 4 or 5. Choose five or six of them and write them below, changing the ‘you’ in each statement to ‘I’.

|  |  |
| --- | --- |
| Value: | *Challenge* |
| Statement: | *I enjoy working on problems and tasks that stretch my abilities* |
|  |  |
| Value: |  |
| Statement: |  |
|  |  |
| Value: |  |
| Statement: |  |
|  |  |
| Value: |  |
| Statement: |  |
|  |  |
| Value: |  |
| Statement: |  |
|  |  |
| Value: |  |
| Statement: |  |

If you find that these statements don’t quite fit you:

* try writing the statement in your own words.
* pick another value you rated a 4 or 5 and try that one.

When making decisions about your career, keep your values in mind.