

## Explore Your Career Values:

### *Self-Assessment Activity and Reflection*

The values you have are critical in shaping what you want to do in your career. The closer your personal values align with the values in an internship/job and a company, typically, the more job satisfaction you will experience. Listed below are 50 values that can be important when it comes to your career.

Look over the list of words provided and ADD additional words if not represented. *Note: The actual definition of the value is not as important as what the word represents for you.*

From the list, identify your **TOP 10** values and record them below.

Status	Innovation	Fast Pace	Group Work
Job Competence	Family	Practicality	Structure & Predictability
Excitement	Knowledge	Intellectual Challenge	Influence People
Flexibility	Honesty & Integrity	Help Others	Work Alone
Adventure	Location	Recognition	Competition
Community	Power & Authority	Work With Others	Help Society
Environment	Independence	Work Under Pressure	Precision Work
Friendships	Autonomy	Public Contact	Moral Fulfillment
Aesthetics	Making Decisions	Advancement	High Earnings Anticipated
Stability	Change & Variety	Personal Safety	Creative Expression
Tradition	Prestige	Diversity	Physical Challenge
Spirituality	Creativity	Fun & Humor	Problem Solving
Security	ADD YOUR OWN:	ADD YOUR OWN:	ADD YOUR OWN:

## TOP 10 Values

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Now, from your TOP 10 list, identify your TOP 5 values and record them below:

## TOP 5 Values

Below, add a brief statement/definition of what each of your TOP 5 values means to you/how you will know if your career decision/life decision is in alignment with your value.

Example: *Help Others: to support others as they navigate a variety of life challenges and obstacles. I will know that I am in alignment with this value if I am working for an organization that supports a social mission and if each day I have the opportunity to connect with someone facing obstacles and share supportive resources.*

My top 5 values + definition/statement of meaning are:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

Out of your TOP 5, can you imagine a TOP VALUE that you cannot live without? Record below:

## TOP Value

How might this TOP VALUE play a role in your career choice?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Final Reflection:** What small action step might you take as a result of taking this assessment?

- Meet with a CEO staff member to talk about how my values can impact a career thought/decision
- Research career fields I'm considering using [www.onetonline.org](http://www.onetonline.org) to see how they align with my values
- Speak with a friend/family member or alumni during a Coffee Chat/Afternoon Tea about how their values align with their work
- Add Your Own: \_\_\_\_\_