

Values and Preferences: What's Most Important to You?

Career Values

What aspects of work do you believe to be the most important? What job characteristics do you find rewarding? It is important to recognize what values play an integral role in career satisfaction. List the five career values that you consider the most important to you and cross out the five that you feel are least important. Add any others that you feel are missing.

Also, consider which value you would be willing to compromise if necessary and which value you would be the most reluctant to give up within your top five.

<ul style="list-style-type: none">• <i>Opportunity for growth/Chance to advance</i>• <i>Money earned/Financial rewards</i>• <i>Working for something you believe in</i>• <i>Prestige</i>• <i>Enjoyable work tasks</i>• <i>Good benefits or vacation</i>• <i>Learning from the job</i>• <i>Regular travel</i>• <i>Having your own office</i>	<ul style="list-style-type: none">• <i>Location of the workplace</i>• <i>Intellectual challenges</i>• <i>Power</i>• <i>Ease or freedom from worry</i>• <i>Being an expert</i>• <i>Independence on the job</i>• <i>Clear expectations and procedures</i>• <i>Room for creativity</i>• <i>Working as part of a team</i>	<ul style="list-style-type: none">• <i>Having authority or responsibility</i>• <i>Having time for personal life</i>• <i>Enjoyable colleagues</i>• <i>Recognition</i>• <i>Job security</i>• <i>Chance to make an impact</i>• <i>Low pressure</i>• <i>Helping others</i>• <i>Professional status</i>
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My five key values are:

1. _____
2. _____
3. _____
4. _____
5. _____

Environment/Lifestyle

When you think about your future, in what atmosphere do you like to envision yourself? Your lifestyle choices affect what you want out of a career. Circle the choices that you value and then rank those that you have chosen in order of importance.

<ul style="list-style-type: none">• <i>Live in a house</i>• <i>Live in an apartment</i>• <i>Live in a rural setting</i>• <i>Live in a suburban setting</i>• <i>Live in a city</i>	<ul style="list-style-type: none">• <i>Access to movies or restaurants</i>• <i>Access to culture centers</i>• <i>Be active in community</i>• <i>Own many possessions</i>• <i>Travel frequently for pleasure</i>	<ul style="list-style-type: none">• <i>Live near workplace</i>• <i>Have free time</i>• <i>Live near family</i>• <i>Live near water</i>• <i>Live in a warm climate</i>
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The three lifestyle issues most important to me are:

1. _____
2. _____
3. _____