Career and Life Values

Rate each of these work values on a scale from 1 to 5, according to their level of importance to you. After completing your ratings, choose the top 5 values which are most important to you.

Help Society: Contribute to the betterment of the world, people, (possibly animals) or others.
Help Others: Help other people in a direct way, either individually or in small groups.
People Contact: Have a lot of day-to-day contact with people.
Team Work: Have close working relationships with a group; working towards common goals.
Affiliation: Be recognized and receive the prestige of being a member of a particular group.
Friendships: Develop close personal relationships with people as a result of my work activities.
Interpersonal Competition: Engage in activities which pit my abilities against others where there are clear win-and-lose outcomes.
Self-Competition: Engage in activities which pit my abilities against my own prior performances.
Make Decisions: Have the power to decide courses of action, policies, etc.
Work Under Pressure: Work in situations where time pressure is prevalent, and/or the quality of my work is judged critically by supervisors, customers or others.
Power & Authority: Control the work activities or (partially) the destinies of other people.
Influence People: Be in a position to change attitudes or opinions of other people.
Work Alone: Do projects by myself, without significant contact with others.
Intellectual Status: Be regarded as a person of high intellectual prowess or as one who is an acknowledged expert in a given field.

Artistic Creativity: Engage in creative work in any of several art forms.

Creativity (general): Create new ideas, programs, organizational structures, etc.

Leadership: Have a job in which I am directly responsible for the work done by others.

Change & Variety: Have work responsibilities that frequently change in content and setting.

Precision Work: Work in situations where exactitude and attention to minute detail in work is necessary and valued.

Routine: Have a work routine and job duties that are largely predictable and not likely to change over a long period of time.

Security: Be in a job that is less likely to be threatened by changes in economy.

Fast Pace: Work in circumstances involving a high pace of activity and work is done rapidly.

Recognition: Be recognized for the quality of my work in some visible or public way.

Excitement: Experience a high degree of (or frequent) excitement in the course of my work.

Adventure: Have work duties which involve frequent risk-taking.

Profit / Gain: Have a strong likelihood of accumulating large amounts of money or material gain.

Independence: Be able to determine the nature of my work without significant direction from others. Not be closely supervised.

Moral Fulfillment: Feel that my work is contributing significantly to a set of moral standards, which I feel are very important.

Location: Find a place to live (town, geographical area) which is conducive to my life style, and affords me the opportunity to do the things I enjoy most.

Community: Live in a town or city where I can get involved in community affairs.

Physical Challenge: Have a job that makes physical demands which I would find rewarding.

Time Freedom: Have work responsibilities which I can work at according to my own time schedule; no specific working hours required.

Technology: Work in an environment that utilizes and advances with technology.

Progressive: Be in an environment that is progressive in its attitudes, work, service, or products. To work with the cutting edge.

Environmental Commitment: To work in an organization that benefits the environment.

Staying Put: A job that would allow me to stay within a specific geographical area.

Advancement: A job that results in regular increases in work responsibilities, depth, scope, etc.

Learning Opportunities: A job with regular, if not daily opportunities to learn new things.

Diversity: To work in an environment that has a proven track record in maintaining a diversified workforce, or promotes diversity through its work.

*Adapted from University of Wisconsin-Milwaukee Career Development Center*
Values Reflection

Add your own specific values, broad values or definitions not included above:

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Choose your top 5 values and write them below:

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Based on your top 5 identified values, please create your own personal mission statement:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
<table>
<thead>
<tr>
<th>Your First Name</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Who is…</td>
<td>(4 words describing your strengths)</td>
</tr>
<tr>
<td>Who loves…</td>
<td>(3 things you love to do)</td>
</tr>
<tr>
<td>Who is looking for an experience because…</td>
<td>(3 reasons here)</td>
</tr>
<tr>
<td>Who needs…</td>
<td>(3 things you want from the experience)</td>
</tr>
<tr>
<td>Whose skills include…</td>
<td>(3 things you're able to do)</td>
</tr>
<tr>
<td>Who values…</td>
<td>(2 things that are important to you)</td>
</tr>
<tr>
<td>Who would like to explore an experience in the field of…</td>
<td>(2 experience options listed here)</td>
</tr>
<tr>
<td>Resident of…</td>
<td>(the city you live in or where you’d like to live during your experience)</td>
</tr>
<tr>
<td>Your Last Name</td>
<td></td>
</tr>
</tbody>
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Additional handouts can be found at: [www.csbsju.edu/xpd/students/how-to](http://www.csbsju.edu/xpd/students/how-to)