

# Self-Assessment:

## Values

People have unique sets of qualities they value above others in their work. What characteristics do you value in your career?

1. Go through the list and circle the values that must be present in your work for you to be satisfied. If an important value is missing, add it to the list.
2. Looking at the circled entries, select your top eight.
3. Sort the top eight in order of importance to you and rank them 1-8.
4. Keep your important values in mind as you consider your career options. Your list may change over time, so reevaluate it periodically.

**Adventure:** I want a career with high levels of excitement and risk-taking.

**Enjoyment:** I want a high level of personal satisfaction.

**Expertise:** I want to become a subject-level expert in my field.

**Location:** The geographic location of my work is important to me.

**Entrepreneurship:** I want to develop my own projects and ideas.

**Structure:** I want to work with clearly defined policies and procedures.

**Family/personal life:** A balance between personal and work is important.

**Challenge:** I want to solve difficult but interesting problems.

**Social service:** It is important that my work benefits society.

**Recognition:** It is important that my accomplishments are acknowledged.

**Variety:** I prefer to work on many different things all the time.

**Wealth from income:** Income from my job is very important.

**Creativity:** Creating new ideas, objects, or programs is important.

**Job stability:** I want a reasonable assurance of long-term employment.

**People contact:** I want to work directly with a large number of people.

**Independence:** I work best on my own by doing things my own way.

**Pace:** A fast-paced, high-pressure environment is where I work best.

**Authority:** I want to make decisions, set policies, and guide others' work.

**Ethics & values:** My work must match my personal values and beliefs.

**Advancement:** I value the chance to advance rapidly in my field.

**Knowledge:** In my job I want to learn more and expand my skills.

**Aesthetics:** I need to be involved in an aesthetic environment.

