

Work Values

Read thru each category and prioritize in numerical order with 1 being your top choice and 13 your least desirable choice.

Priority #	Adventure – I like new and exciting challenges. I am not afraid of taking risks. I want variety and unpredictability. I want to explore the unknown.	Priority #	Family – I enjoy taking care of my loved ones. I care most about their welfare. I want to spend time at home.
Priority #	Knowledge and Truth – I like to learn new things. I enjoy research and investigation. I keep an open mind until all the evidence is in. I value the truth from whatever source.	Priority #	Helping Others – I enjoy providing a service. I want my work to benefit others. I am concerned about the condition of the world and want to better it.
Priority #	Personal Integrity and Moral Courage – I want to live according to my highest ideals. I consider honesty to be very important.	Priority #	Recognition – I want to be acknowledged for my accomplishments. I want to do something that stands out. I want respect in my field.
Priority #	Independence and Freedom – I like an unstructured environment with maximum flexibility. I want to set my own hours. I would like to be able to work on my own.	Priority #	Security – I like clearly defined duties. I want a job that is going to be around for a while. I prefer to avoid risk or surprises. I want a stable environment with good benefits.
Priority #	Friendship and Companionship – I like to meet and get to know people. I enjoy working closely with others. I like spending time with friends, coworkers, and clients. I am comfortable on teams.	Priority #	Creativity – I enjoy solving problems. I enjoy using my imagination. I like putting different elements together and seeing patterns. I want freedom to do things in new and revolutionary ways.
Priority #	Power – I like to lead and take initiative. I accept responsibility. I want to direct people and shape events.	Priority #	Money or Wealth – I want to make a lot of money. I value nice things. I want to live well
Priority #	Beauty and Aesthetics – I want a pleasing work environment. I value beautiful form and design. I want to produce something of beauty.		

Work Values and Related Occupations

Adventure: Business, Safety and Law Enforcement, Security Services, Crime Investigator, Lawyer

Beauty or Aesthetics: Designer, Architect, Florist, Performing Arts, Drama, Music, Dance, modeling, Cosmetology

Creativity: Inventor, Computer Programmer, Artist, engineering, Physical Sciences, Medical Sciences, Communications

Family: Home Business, Sales from Home, Teaching, Educational Assistant, Day Care, Child Care, House, Cleaner

Friendship and Companionship: Sales, Real Estate, Transportation, Tour Industry, hotel and Hospitality, Customer Service, Waiter/Waitress

Helping Others: Paramedic, Physician, Physical Therapist, Social Worker, Counselor, Psychologist, Nutritionist, Police Officer, Fire Fighter, Child Care Worker, Elderly Care Provider, Nurse

Independence and Freedom: Real Estate, insurance, Business Owner, Work from Home

Knowledge and Truth: Teaching, Librarian, Investigation, Law

Money or Wealth: Business Owner, Management, Medical Sciences, Engineering, Lawyer, Professional Athlete, Finance, Actor/Actress, Sales Technology

Personal Integrity and Moral Courage: Education, Law, Medicine, Inventor, Engineer, Counselor, Psychologist, Social Worker

Recognition: Performing Arts, Dance, Drama, Actor/Actress, Administration, Executive, Management, Doctor

Security: Federal, State, and City Jobs, Teaching

Work Values

How Do Your Values Match Up With Careers?

Adventure – If you value adventure, you would be happiest in a career that offers some degree of variety or unpredictability. You do not necessarily have to be a spy or a soldier of fortune, but you will not want a job with too much structure or routine. Since you are probably willing to take risk, you might make a good entrepreneur.

Beauty or Aesthetics – If this is your top value, where you work may be as almost important a consideration as what you do. Your setting must be one that you find visually attractive, whether it is a garden or cathedral. You might want your work to center around beauty, as well; perhaps you would be happy as a designer, an architect, or a florist.

Creativity – Creative people need room to exercise their imaginations, whether they are creating a work of art, inventing a better way to display merchandise, or solving a problem in computer programming. If this is your value, you should seek a flexible career that lets you put your ideas to work.

Family – Those who value family are usually happiest with careers that do not call for evening or weekend work or a great deal of travel. Flexibility is helpful, as is the opportunity to work at home. A career with a salary high enough to allow you to work part-time might be attractive.

Friendship and Companionship – If this is your highest value, you will want to make sure that your chosen career involves working closely with others. Would you prefer spending your time with co-workers or clients? Do you like to see the same faces every day, or would you like to meet new people on a regular basis? Do you have a circle of friends from whom you want to reserve time?

Helping Others – If you value helping others, there are many ways for you to accomplish your goal. The service industry, in fact, is one of the fastest growing parts of the economy. How do you want to help others? Some possibilities include being a paramedic, a physical therapist, a social worker, a nutritionist, a psychologist, a police officer, or a child care worker.

Independence and Freedom – If this is your highest value, you may find unstructured sales – real estate or insurance, for example – rewarding. In this type of job, you can set your own hours and work without constant supervision. You might prefer to work part-time, or you might want to be self-employed. Stay away from strict schedules or jobs in which you are constantly accountable to someone else.

Knowledge and Truth – If you value knowledge and truth, you might find a career that lets you pass on your knowledge – teaching, for example, or being a librarian – rewarding. Or you might prefer a job that keeps teaching you such as doing research, investigative reporting, and the like.

Money or Wealth – Many career fields have the potential to pay very well. Make sure that the one you choose meshes with your other top values. If you also value security, for example, you might find it more satisfying to be an engineer than an entrepreneur. Remember, too, that you will probably need to spend the majority of your time working. Is there a job you would enjoy so much you would not mind if it is also had to be your hobby?

Personal Integrity and Moral Courage – You will be most satisfied in a career that mirrors your sense of purpose. Perhaps your field or work is less important than what you do within that field. For example, if you are a lawyer, you would probably be more satisfied working in legal aid than in corporate law. It is important for you to feel that your work is worthwhile to society.

Power – Those who value power need to prepare for leadership. Usually, that means some type of advanced education or years of experience in your trade. Most political leaders, for example, have law degrees. Business leaders quite often have a master degree in business administration. If you value power, make sure that day job you take offers room for advancement. Or consider starting a business of your own.

Recognition – You may be recognized by more people if you are a TV star than if you are the best caterer in town. Generally, you earn recognition in just about any field you do your job well. Choose something for which you have the necessary skills or talents, and work hard.

Security – If you value security, you will be most comfortable in a job you know will be around for a while. No new companies or risky ventures for you. You may prefer to have clearly defined duties, rather than a loosely structured job.

Values to Goal Worksheet

Section 1. Governing Values: Examples (Spirituality, Fitness, Education, and Music)

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Section 2. Value

Sample Value: *Musicianship: I play the guitar well*

Sentence(s) of resolve: *I practice the scales on my guitar every day.*
I add one new song to my repertoire every month.
I practice at least thirty minutes each day.

Value: _____

Sentence(s) of resolve: _____

Value: _____

Sentence(s) of resolve: _____

Section 3. Planner

Put what you've learned in your daily routine, in your planner, and start living on purpose.