

Defining Your Values

What gives you a sense of purpose or meaning? What would you value in a career or job? Understanding our own work values helps us work out what is important to us personally in our career. The following exercise will help you to better understand your values. Record each value below in one of the boxes on the Summary sheet, depending on how important it is to you.

Helping others

	Variety	Innovation
Challenge	Creative expression	Risk-Taking
Decision-making	Analytical	Research
Expressing new ideas	Problem-solving	Support
Representing Others	Organising	Competition
Independence	Management	Leadership
Trust	Loyalty	Co-operation
Friendships at work	Harmony	Fun
Diversity	Caring	Teamwork
Open Communication	Recognition	Autonomy
Giving to community	Honesty	Spirituality
Responsibility	Commitment	Achievement
Equality	Respect of others	Balance

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	Structured	Fast-paced
Perks / Bonuses	Flexibility	Time freedom
Sense of community	Predictable/ stable	Quiet/ tranquil
Moral fulfillment	Pleasant Surroundings	Excitement
Comfortable income	Work mostly alone	Promotion
Continual Improvement	High income	

Work