

VALUES X PREFERENCES

WHAT IS 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 that 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.

Opportunity for Growth/Chance to Advance
Money Earned/Financial Rewards
Working for Something You Believe in
Prestige
Enjoyable Work Tasks
Good Benefit
Continuous Learning
Travel
Having Your Own Office
Chance to Make an Impact
Low Pressure
High Pressure
Helping Others
Professional Status

Location of the Workplace
Intellectual Challenge
Power
Ease of Freedom from Worry
Being an Expert
Independence on the Job
Clear Expectations and Procedures
Room for Creativity
Working as Part of a Team
Having Authority or Being Responsible
Having Time for Personal Life
Enjoyable Colleagues
Recognition
Job Security

MY FIVE KEY VALUES

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

VALUES X PREFERENCES

ENVIRONMENT X 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 rank your top three in order of importance.

Add any thing to the list that you feel is missing/is important to your future and lifestyle.

Live in a House

Live in an Apartment

Live in a Rural Setting

Live in a Suburban Setting

Live in a City

Access to Movies & Restaurants

Access to Culture Centres

Be Active in Your Community

Own Many Possessions

Travel Frequently for Pleasure

Live Near Work

Have Free Time

Live Near Family

Live Near Water

Live in a Warm Climate

THE LIFESTYLE ASPECTS THAT ARE IMPORTANT TO ME AND WHY?:

1. _____

2. _____

3. _____

4. _____

5. _____