

Career Exploration – Identifying Your Work Values

When exploring career options, it is important to consider how different careers compare with you “work values,” or what you consider to be important in a job. Use this worksheet to help you prioritize your values as they related to the world of work. Write the values in the spaces provided, with no more than 5 under “Most Important,” not more than 10 under “Important,” and the rest under “Other.”

- Review your results. This information may help you *generate or narrow down* your career options. Keep in mind that values are just one factor to use in making career decisions. You should also take into consideration your skills, interests, and personality. Refer to the handout titled “Using MyPlan.com.”
- Gather occupational information about the careers you are considering and see if they are consistent with your list. One of the best sources of this kind of information is from *people actually doing the job*. Conduct what is called an “informational interview.” Refer to the handout titled “Informational Interviewing.”

Most Important Values

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

Important Values

6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Other Values

16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____

- Challenging Work
- Likeable Associates
- Authority over Others
- Intellectual Stimulation
- Job Prestige
- Sense of Personal Worth
- Travel Opportunities
- Sense of Accomplishment
- Relocation Not Required
- Opportunity to be Creative
- High Income
- Power
- Work in Nature
- Influencing Others
- Help Others
- Feeling of Belonging
- Opportunity for Advancement
- Regular Working Hours
- Job Security
- Work Independently
- Flexible Schedule
- Good Supervisor
- Work in Nice Surroundings
- Personal Recognition
- Work for a “Cause”