

# Career Exploration

VALUES: ONES JUDGEMENT OF WHAT IS IMPORTANT IN LIFE

Instructions:

Work through the list of values below and rank each value based on how important it is to you

- 1** - Very important    **2**- Somewhat important  
**3**- Not important    **4**- I haven't thought of this before

**The core values that are important in my day to day life are:**

- Achievement:** Being able to meet your goals
- Balance:** Time for family, work, and play
- Independence:** Control of your own destiny
- Influence:** Able to have an impact on others
- Integrity:** Stand up for your beliefs
- Honesty:** Telling the truth and knowing that others are telling the truth.
- Power:** Control over others
- Respect:** Care and trust of self and others
- Spirituality:** Believing in your core beliefs
- Status:** Having influence and power over others

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“When your values are clear to you, making decisions becomes easier.”

- Roy E. Disney

Adapted from Work Values Inventory acquired from: <https://students.tufts.edu/career-center/i-need/explore-skills-interests>

# Career Exploration Cont.

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**The core values that I value in a working environment are:**

- \_\_ **Collaborative:** Work where you work closely with co-workers and supervisors
- \_\_ **Fast Paced:** Work that has many things happening at the same time.
- \_\_ **Flexible:** Work that is not set to a specific time schedule.
- \_\_ **High Earnings:** Work that has the potential to make a lot of money.
- \_\_ **Independent:** Work where you are primarily on your own with little contact with co-workers or supervisions
- \_\_ **Learning:** Work that is intellectually challenging to you.
- \_\_ **Location:** Work that is in a convenient place and an easy commute.
- \_\_ **Predictable:** Work where you know what is going to happen day after day.
- \_\_ **Quiet:** Work where there are few disruptions throughout the day
- \_\_ **Relaxed:** Work where there are few pressures to get things done.
- \_\_ **Structured:** Work where it is organized and has a specific set time.
- \_\_ **Time Freedom:** Work where you set your own schedule and plan how and when you do your work

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“Open your arms to change but don’t let go of your values.”  
- Dalai Lama

