••• Work Values Inventory •••

Directions: Values are an important part in the career decision-making process. The list below will help you to identify those values that you think will be important to you in your work. Read each value and decide if it is **always important**, **sort of important**, or **not important** to you. Place an "X" in the appropriate box. If your definition is different than the one provided, use your definition when rating the value.

1. My core values that are important to me in my life are:	Always Important	Sort of Important	Not Important
Achievement: Being able to meet your goals.			
Balance: Time for family, work, and play.			
Independence: Control of your own destiny.			
Integrity: Doing what is right, even when there are consequences.			
Respect: Care and trust of self and others.			
Spirituality: Believing in your core beliefs.			
Status: Having influence and power over others.			

2. I value work environments that are:	Always Important	Sort of Important	Not Important
Fast Paced: Work that has many things happening at one 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.			
Learning: Work that is intellectually challenging to you.			
Location: Work that is in a convenient place with an easy commute.			
Predictable: Work where you know what will happen every day.			
Quiet: Work where there are few disruptions.			

3. I value work interactions with co-workers who support:	Always Important	Sort of Important	Not Important
Competition: Work where you compete with others.			
Diversity: Work where there are people with different backgrounds.			
Friendships: Work where you socialize with your co-workers.			
Leadership: Work where there are good leaders present.			
Open Communication: Work where information is not withheld.			
Recognition: Work where you are acknowledged for your contributions.			
Teamwork: Work where working together is important.			

4. I value work activities that are:	Always Important	Sort of Important	Not Important
Analytical: Work that requires interpretation of data and information.			
Challenging: Work that is mentally or physically challenging.			
Creative: Work that uses my imagination and creative talents.			
Helping: Work that is helping other people.			
Cutting Edge: Work on new and innovative projects.			
Physical: Work that has a lot of physical activity.			
Public Contact: Work that has daily interaction with the public.			
Research: Work that searches for new information.			
Risk Taking: Work that may be dangerous or risky.			
Variety: Work where many different tasks are done daily.			

My Work Values Profile

Directions: Review the "Always Important" values and choose your top five values. Write them below from most important to least important. Check the line which indicates the section the value is from.

	1	2	3	4
_____	____	____	____	____
_____	____	____	____	____
_____	____	____	____	____
_____	____	____	____	____
_____	____	____	____	____

My Work Values Story

Directions: Use the remaining space to write down some thoughts on how you see your top 5 values in your work, now or in the future. These might also relate to teams, clubs, chores, volunteer work, etc.