

## Values

- \_\_\_\_\_ **Stability** - Have a work routine and job duties that are largely predictable and not likely to change over a long period of time.
- \_\_\_\_\_ **Security** - Be assured of keeping my job and a reasonable financial reward.
- \_\_\_\_\_ **Fast Paced** - Work in circumstances where there is a high pace of activity.
- \_\_\_\_\_ **Recognition** - Be recognized for the quality of my work in some visible or public way.
- \_\_\_\_\_ **Excitement** - Experience a high degree of (or frequent) excitement in the course of my work.
- \_\_\_\_\_ **Adventure** - Have work duties, which involve frequent risk-taking.
- \_\_\_\_\_ **Profit, Gain** - Have a strong likelihood of accumulating large amounts of money or other material gifts.
- \_\_\_\_\_ **Independence** - Be able to determine the nature of my work without significant direction from others; not have to do what others tell me to do.
- \_\_\_\_\_ **Moral Fulfillment** - Feel that my work contributes significantly to a set of moral standards, which I feel are very important.
- \_\_\_\_\_ **Location** - Find a place to live (town, geographical area), which is conducive to my lifestyle and affords me the opportunity to do the things that I enjoy most.
- \_\_\_\_\_ **Community** - Live in a town or city where I can get involved in community affairs/organizations.
- \_\_\_\_\_ **Physical Challenge** - Have a job that makes physical demands which I would find rewarding.
- \_\_\_\_\_ **Time Freedom** - Have work responsibilities which I can work at according to my own time schedule; no specific working hours required.
- \_\_\_\_\_ **Offstage** - Work behind the scenes, make a contribution that does not require me to be in the limelight.

Now circle the values that you rated as a "5." Write them in the space below.

These are important personal criteria for evaluating potential careers.

Values can often be rather subtle parts of our lives. In your daily routine you may not consciously think about them. This is a good opportunity to examine what is important to you. The next time you find yourself really enjoying what you are doing, ask yourself which values you are expressing.

Values may be the least often addressed area in deciding on a career or major, but they are possibly the most important. When you recognize what is important to you, this will help you to choose a career or major that will be most satisfying.