| Values are ideals and beliefs that are important to you. They influence all aspects of your life, including your work. Knowing your values helps you decide what jobs or career paths suit you.*Rate each value by circling the appropriate number on a scale of 1-5* | *Not Veryimportant important* |
| --- | --- |
| ChallengeYou enjoy being stretched and given new problems to work on | 1 2 3 4 5 |
| CommunicationYou enjoy being able to express ideas well in writing or in speech  | 1 2 3 4 5 |
| CreativityThinking up new ideas and ways of doing things is important to you  | 1 2 3 4 5 |
| ExpertiseYou like being known as someone with special knowledge or skills | 1 2 3 4 5 |
| FreedomYou would like to have flexible work hours | 1 2 3 4 5 |
| Helping othersIt’s important to you to help individuals or groups in your work  | 1 2 3 4 5 |
| Helping society/communityYou like your work to be worthwhile for the community  | 1 2 3 4 5 |
| IndependenceYou like working your way without others telling you what to do  | 1 2 3 4 5 |
| LearningIt's important for you to learn new things in the course of your work  | 1 2 3 4 5 |
| LocationYou want to work in particular places and not in others  | 1 2 3 4 5 |
| MoneyEarning a large amount of money is important to you  | 1 2 3 4 5 |
| OrganisationYou would enjoy being a part of a well-known organisation  | 1 2 3 4 5 |
| PeaceYou prefer not to have pressure or uncomfortable demands at work | 1 2 3 4 5 |
| People contactYou enjoy having a lot of contact with people  | 1 2 3 4 5 |
| Physical activityYou want to be physically active  | 1 2 3 4 5 |
| PrecisionYou like working at things which involve care and concentration  | 1 2 3 4 5 |
| PressureYou like working to deadlines | 1 2 3 4 5 |
| PromotionYou like to work where there is a good chance of promotion  | 1 2 3 4 5 |
| RecognitionYou want your work to be appreciated by others  | 1 2 3 4 5 |
| RoutineYou prefer regular tasks and work patterns | 1 2 3 4 5 |
| SecurityYou would prefer work which seems to offer job security  | 1 2 3 4 5 |
| StatusYou enjoy being in a position which leads people to respect you  | 1 2 3 4 5 |
| SupervisionYou enjoy being responsible for work done by others | 1 2 3 4 5 |
| SurroundingsYou want to work in pleasant surroundings | 1 2 3 4 5 |
| TeamworkYou like to work in a team alongside others | 1 2 3 4 5 |
| Work aloneYou like to work on your own | 1 2 3 4 5 |
| Other (please specify) | 1 2 3 4 5 |

Look at the values which you rated 4 or 5. Choose five or six of them and write them below, changing the ‘you’ in each statement to ‘I’.

|  |  |
| --- | --- |
| Value:  | *Challenge* |
| Statement:  | *I enjoy working on problems and tasks that stretch my abilities* |
|  |  |
| Value:  |  |
| Statement:  |  |
|  |  |
| Value:  |  |
| Statement:  |  |
|  |  |
| Value:  |  |
| Statement:  |  |
|  |  |
| Value:  |  |
| Statement:  |  |
|  |  |
| Value:  |  |
| Statement:  |  |

If you find that these statements don’t quite fit you:

* try writing the statement in your own words.
* pick another value you rated a 4 or 5 and try that one.

When making decisions about your career, keep your values in mind.