

VALUES & PREFERENCES WORKSHEET: What's Most Important to You?

Career Values

Values play an extremely significant role in achieving career satisfaction. Reflecting on this principle: What do you believe are the most important components/ parts of work? Do you think that there are any rewarding job characteristics? If so, which one(s)? In this exercise, write five career values that you consider important, cross out the five that you think are the least important and add any others that you feel are missing. Once you have picked your five most important values, think of which of the values that you would be most willing and most unwilling to compromise if necessary.

Opportunity for growth/chance to advance
Having balance in work/life
Having time for personal life
Enjoyable colleagues
Recognition
Clear expectations & procedures
Independence on the job
Chance to make an impact
Helping others
Having your own office
Initiating meaningful change
Flexible hours/ ability to set own schedule

Location of the workplace
Money earned/Financial rewards
Working for something you believe in
Prestige
Enjoyable work tasks
Job security
Having authority or responsibility
Learning from the job
Regular travel
Professional status
Pursuing my dream/passion

Having authority
Intellectual challenges
Power
Ease or freedom from worry
Being an expert
Good benefits or vacation
Being my own boss
Room for creativity
Working as part of a team
Low pressure

Five Most Important Career Values

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

Environment/Lifestyle

When you think about your future, in what atmosphere do you like to envision yourself? Your lifestyles choices affect what you want out of a career. Circle the choices that you value and then rank those that you have chosen in order of importance.

Live in a house
Access to cultural centers and activities
Be active in community
Live in suburban setting
Live in a city
Live in an area w/ a diverse population
Live in a place with good public transportation

Access to movies or restaurants
Have free time
Live in rural setting
Own many possessions
Travel frequently for pleasure
Have an active "after-work" culture
Live where it is easy to own a car

Live near workplace
Live in an apartment
Live near family
Live near water
Live in a warm climate
Live near friends

Three Most Important Lifestyle Choices

1. _____
2. _____
3. _____

Take a moment to consider the following questions:

1. Congratulations! You just won the €100 million lottery jackpot. However, a precondition is that you have to spend it all, on yourself only, within the upcoming year. Take a moment and think about what you will do with this money.

2. You are now one year removed from your €100 jackpot and you have already traveled the world, bombarded your family and friends with gifts, and purchased a few cars and homes. You also have enough money in your bank account to never have to work again. Take a moment to assess the situation, how will you spend your time now?

3. Congratulations again! You must have a four-leaf clover in your pocket because you just won another pot of gold! This time you won €50 million, but it is under the condition that you *give it all away*, and within the next year. How will you allot it?

4. Decades have passed and you are now 80 years old. How do you envision people will talk about you and the life you have lived? Do the significant and important things they say pertain to your resume or to other factors?

Now, look back at your answers for patterns that will help you tie this into career development. Consider what you need in your life to be happy. Keep this at the core of your self-assessment. Your daydreams are just as important as your exposure to different career fields. Keep these values in mind as you explore different career paths.