

# VALUES SCALE

## What do you value most?

Decide what values are most important to you in a job/career, and put a check mark in the appropriate column. Afterwards, try to narrow these down to your Top 5 Values and list these on the second page. There are no right or wrong answers.

✓	Value	Description
	<b>Job Security</b>	Being assured of a job and reasonable rate of pay.
	<b>Variety</b>	Having frequent changes in various aspects of your work.
	<b>Independence</b>	Working with little or no supervision.
	<b>Competition</b>	Pitting your abilities against others to win recognition or other rewards.
	<b>Flexibility</b>	Being able to schedule your own work time.
	<b>Status</b>	Working in a position that leads others to admire or respect you.
	<b>Money</b>	Earning a large amount of it.
	<b>Creativity</b>	Thinking up new ideas, programs, or processes.
	<b>Decision-Making</b>	Being in a position to decide how things should be done.
	<b>Recognition</b>	Receiving visible or public recognition or appreciation for your work.
	<b>People Contact</b>	Having daily contact with co-workers, customers, clients, or the public.
	<b>Being an Expert</b>	Being known as someone who has special knowledge or skills in a particular field.
	<b>Helping Others</b>	Helping people individually or contributing to society as a whole.
	<b>Belonging</b>	Feeling that you have a place in society or are part of a group.
	<b>Working Alone</b>	Doing things on your own, without much involvement from other people.
	<b>Power</b>	Being able to direct and influence the activities of others.
	<b>Precision</b>	Doing work that requires exactness or high degree of accuracy.
	<b>Excitement</b>	Doing work that has plenty of stimulation or thrills.
	<b>Stability</b>	Having steady and predictable work.
	<b>Relationships</b>	Building work and social relationships with people.
	<b>Fun</b>	Finding pleasure in the things you do.
	<b>Beauty</b>	Finding meaning or beauty in art, nature, or design.
	<b>Technology</b>	Working with new equipment or processes that apply the latest science.
	<b>Structure</b>	Organizing your activities or having reliable social or work arrangements.
	<b>Health</b>	Working somewhere that helps you keep a healthy body and mind.
	<b>Empowerment</b>	Enabling others or giving them permission to carry out activities.
	<b>Individuality</b>	Performing tasks in your unique way, without prescribed rules.

<b>Comfort</b>	Working on tasks that fall within your level of knowledge and expertise.
<b>Moral Fulfillment</b>	Doing work that you believe in strongly and aligns with your values.
<b>Serenity</b>	Not having a lot of pressure or stress.
<b>Problem Solving</b>	Trouble-shooting and critical thinking.
<b>Location</b>	Working and living where you want.
<b>Physical Challenge</b>	Working in a position that requires strength, speed, or agility.
<b>Responsibility</b>	Being responsible for other workers.
<b>Safety</b>	Living and working in a safe environment.
<b>Productive</b>	Seeing the results of your work.
<b>Work with hands</b>	Doing physical work or creating things.
<b>Continuous Learning</b>	Being able to learn something new each day.
<b>Fairness</b>	Having a boss and colleagues who are fair.
<b>Honesty</b>	Working in an environment that requires truth from yourself, your colleagues, and boss.
<b>Work/Life Balance</b>	Having time for life outside of work.
<b>Purpose</b>	Having work that is relevant and meaningful.
<b>Collaboration</b>	Having the ability to work and share with others.
<b>Entrepreneurial</b>	Being my own boss.
<b>Freedom</b>	Having free choice of thoughts and actions.
<b>Loyalty</b>	Showing devotion to someone or something and having it in return.

**My Most Important Values Are:**

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_