

Values Exercise

The following are two lists of value statements. Go through each list and for each statement rate how important it is for you to have that value in your job. Use the following three-point scale:

1	2	3
Low Importance	Medium Importance	High Importance

At work:

“It is important to me that...”

- | | |
|---|--|
| <p>_____ I could do something that makes use of my abilities.</p> <p>_____ the job could give me a feeling of accomplishment.</p> <p>_____ I could work alone on the job.</p> <p>_____ I could do something different everyday.</p> <p>_____ my pay would compare well with that of other workers.</p> <p>_____ the job would provide for steady employment.</p> <p>_____ I could be busy all the time.</p> <p>_____ the job would have good working conditions.</p> <p>_____ the job would provide an opportunity for advancement.</p> <p>_____ I could get recognition for the work I do.</p> | <p>_____ I could tell people what to do.</p> <p>_____ my co-workers would be easy to make friends with.</p> <p>_____ I could do things for other people.</p> <p>_____ I could do the work without feeling that it is morally wrong.</p> <p>_____ the company would administer its policies fairly.</p> <p>_____ my boss would back up the workers.</p> <p>_____ my boss would train the workers well.</p> <p>_____ I could try out some of my own ideas.</p> <p>_____ I could make decisions on my own.</p> <p>_____ I could plan my work with little supervision.</p> <p>_____ I could be “somebody” in the community</p> |
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Now, look back at the list and write down your top six work values in the spaces below. These will be important factors to consider when performing your job search.

Adapted from the *Minnesota Importance Questionnaire*

In my personal life:

“It is important to me that...”

- | | |
|---|--|
| <p>_____ I maintain good health.</p> <p>_____ I have many close friendships.</p> <p>_____ I have a large family.</p> <p>_____ I have a fulfilling career.</p> <p>_____ I have a stable marriage.</p> <p>_____ I live a financially comfortable life.</p> <p>_____ I have independence.</p> <p>_____ I have the ability to demonstrate creativity.</p> <p>_____ I participate in an organized religion.</p> <p>_____ I have children someday.</p> <p>_____ I can have variety of interests.</p> <p>_____ I have the freedom to create my own lifestyle.</p> <p>_____ I am able to own a house.</p> <p>_____ I am in a happy and loving relationship.</p> <p>_____ I contribute to my community.</p> <p>_____ I have an abundance of leisure time.</p> <p>_____ I have the ability to move from place to place.</p> | <p>_____ I have a stable life.</p> <p>_____ I have a life without stress.</p> <p>_____ I am able to demonstrate my strong religious values.</p> <p>_____ I have the opportunity to make social changes.</p> <p>_____ I will be remembered for my accomplishments.</p> <p>_____ I can help those in distress.</p> <p>_____ I have the freedom to live where I wish.</p> <p>_____ I take time for myself.</p> <p>_____ I take time to enjoy art, entertainment, and cultural activities.</p> <p>_____ I have a life with many challenges.</p> <p>_____ I have a life with many changes.</p> <p>_____ I have the opportunity to be a leader.</p> <p>_____ I can make a major discovery that would save lives.</p> |
|---|--|

- _____ I create or maintain a good physical appearance.
- _____ I have the opportunity to establish roots in one place.
- _____ I have the opportunity to engage in physical activities.
- _____ I live an exciting life.
- _____ I have a chance to get into politics.

- _____ I live according to strong moral values.
- _____ I have the opportunity to teach others.
- _____ I am able to write something memorable.
- _____ I have a chance to become famous.
- _____ I am able help others solve problems.
- _____ I am able to make lots of money.

Now, look back at the list and write down your top six work values in the spaces below.

Adapted from *George Mason University Career Center*

Questions to reflect on:

Is your life right now consistent with your personal values? If not, why not?

Do you believe you will be able to find a job where your work and personal values will be represented?

Do you see similarities or differences between your personal and work values? If so, what kinds? Will this impede your decision on a career choice?

How do you think your most important personal values will affect your career choice?

To what extent would you sacrifice your values in your personal and professional life?

Are there some parts of your life that you would like to change but cannot right now? If so, what is your timetable for bringing your lifestyle more into harmony with your values? Who will help you?