

Career Values Checklist

Rate each value listed with the following scale and add other values you consider essential to your list. Only 7 values can be rated as a "1". Once you have your 7 top values, list them at the bottom of the page.

- 1 – Things I value **VERY MUCH**
- 2 – Things I **VALUE**
- 3 – Things I **DON'T VALUE** very much

Rate	Value	Description
	Help Society	Do something which contributes to improving the world we live in.
	Help Others	Be directly included in helping people individually or in small groups.
	Competition	Engage in activities which pit my abilities against others.
	Make Decisions	Have the power to decide courses of action and policies.
	Influence People	Be in a position to influence the attitudes or opinions of others.
	Knowledge	Engage in the pursuit of knowledge and understanding.
	Work Mastery	Become an expert in whatever work I do.
	Supervision	Have a job in which I am directly responsible for the work of others.

	Stability	Have a work routine and job duties that are largely predictable.
	Security	Be assured of keeping my job and receiving satisfactory compensation
	Recognition	Be publicly recognized for the high quality of my work.
	Fast Pace	Work in circumstances where work must be done rapidly.
	Financial Gain	Have a high likelihood of achieving very great monetary rewards for my work.
	Independence	Be able to determine the nature of my work without significant direction from others.
	Moral Fulfillment	Feel that my work contributes to set of moral standards which I feel are very important.
	Community	Live where I can participate in community affairs.
	Time Freedom	Be able to work according to my own schedule.
	Innovation	Be able to come up with new ideas or products.
	Work-Life Balance	A job that allows me adequate time for my family, social activities and other engagements.

My top 7 values
