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. Low Importance  
2. Medium Importance  
3. High Importance

<table>
<thead>
<tr>
<th>At work:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>“It is important to me that…”</td>
<td>“It is important to me that…”</td>
</tr>
<tr>
<td>_____ I could do something that makes use of my abilities.</td>
<td>_____ I could tell people what to do.</td>
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<tr>
<td>_____ the job could give me a feeling of accomplishment.</td>
<td>_____ I could do things for other people.</td>
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<tr>
<td>_____ I could work alone on the job.</td>
<td>_____ I could do the work without feeling that it is morally wrong.</td>
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<tr>
<td>_____ I could do something different everyday.</td>
<td>_____ the company would administer its policies fairly.</td>
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<tr>
<td>_____ my pay would compare well with that of other workers.</td>
<td>_____ my boss would back up the workers.</td>
</tr>
<tr>
<td>_____ the job would provide for steady employment.</td>
<td>_____ my boss would train the workers well.</td>
</tr>
<tr>
<td>_____ I could be busy all the time.</td>
<td>_____ I could try out some of my own ideas.</td>
</tr>
<tr>
<td>_____ the job would have good working conditions.</td>
<td>_____ I could make decisions on my own.</td>
</tr>
<tr>
<td>_____ the job would provide an opportunity for advancement.</td>
<td>_____ I could plan my work with little supervision.</td>
</tr>
<tr>
<td>_____ I could get recognition for the work I do.</td>
<td>_____ I could be “somebody” in the community</td>
</tr>
</tbody>
</table>

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…”

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