



Ex. 1.2 Career Values

Discovering what you want to do is only one consideration to securing a fulfilling career. There are a variety of other factors that contribute to career wellness. It is important to identify additional factors beyond actual job duties, like the values that are important to you that will increase the likelihood you will be happy and productive in your chosen career areas.

Listed below are examples of these career values. We encourage you to choose and rank your top five values for each area below: **Always Valued, Often Valued, Sometimes Valued, Seldom Valued, and Never Valued.**

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|---------------------|---------------------|-----------------|----------------------|
| Location | Supervision | Practicality | Challenging Problems |
| Independence | Fun & Humor | Job Tranquility | Innovation |
| Creativity | Family | Stability | Steep learning curve |
| Knowledge | Moral Fulfillment | Time Freedom | Profit/Gain |
| Recognition | Honesty & Integrity | Work Alone | Aesthetics |
| High Earnings | Security | Environment | Physical Challenge |
| Excitement | Work/Life Balance | Affiliation | Diversity |
| Make Decisions | Help Others | Status | Precision work |
| Friendships | Work with Others | Structure | Creative Expression |
| Artistic Creativity | Public Contact | Advancement | Intellectual Status |
| Tradition | Help Society | Change/Variety | Adventure |
| Community | Personal Safety | Group & Team | Fast Pace |
| Influence People | Spirituality | Competition | Power and Authority |

Always Valued:	Often Valued:	Sometimes Valued:	Seldom Valued:	Never Valued:
1. _____	1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____	5. _____

Important consideration: does your current position, or future interests, give you what you **always** value?

Note: This exercise is an abridged version of an activity provided in the **Managing My Career** series.