

# Self-Assessment: Work and Personal Values

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Values are desirable qualities, standards or principles that are meaningful to you and guide you, especially when making decisions that best meet your needs. Identifying and focusing on your work and personal values helps you clarify what is most important to you. By clarifying and applying your values, you can achieve enhanced self-awareness and ultimately be guided towards a more satisfying career.

Check all the values that you currently consider important in both your career and life planning.

Work Environment	Work Content	Work Relationships	Personal Values
<input type="checkbox"/> Work under tight deadlines	<input type="checkbox"/> Achievement-focused	<input type="checkbox"/> Teamwork-focused	<input type="checkbox"/> Integrity
<input type="checkbox"/> Pleasant surroundings	<input type="checkbox"/> Precision work	<input type="checkbox"/> Trust among colleagues	<input type="checkbox"/> Honesty
<input type="checkbox"/> Stability and security	<input type="checkbox"/> Challenging work	<input type="checkbox"/> Diversity, equity, inclusion	<input type="checkbox"/> Achievement-oriented
<input type="checkbox"/> High salary/earnings	<input type="checkbox"/> Leadership opportunity	<input type="checkbox"/> Caring relationships	<input type="checkbox"/> High level of responsibility
<input type="checkbox"/> Action-oriented	<input type="checkbox"/> High levels of competence required	<input type="checkbox"/> Competition	<input type="checkbox"/> Power
<input type="checkbox"/> Relaxed work pace	<input type="checkbox"/> Ability to see tangible results	<input type="checkbox"/> Collaboration	<input type="checkbox"/> Influence others
<input type="checkbox"/> Quiet environment	<input type="checkbox"/> High-risk work	<input type="checkbox"/> Humor and fun	<input type="checkbox"/> Appreciation
<input type="checkbox"/> Highly organized	<input type="checkbox"/> Innovative work	<input type="checkbox"/> Autonomy	<input type="checkbox"/> Belonging and community
<input type="checkbox"/> Predictable and structure	<input type="checkbox"/> Detailed-oriented	<input type="checkbox"/> Recognition for accomplishments	<input type="checkbox"/> Independence
<input type="checkbox"/> Location	<input type="checkbox"/> Focus/detailed work	<input type="checkbox"/> Support from management	<input type="checkbox"/> Positive impact on others
<input type="checkbox"/> Contact with the public	<input type="checkbox"/> Opportunity for creativity	<input type="checkbox"/> Open communication	<input type="checkbox"/> Authenticity
<input type="checkbox"/> Comfortable income	<input type="checkbox"/> Change and variety	<input type="checkbox"/> Independent work	<input type="checkbox"/> Work-life balance
<input type="checkbox"/> Flexible schedule	<input type="checkbox"/> Growth opportunities	<input type="checkbox"/> Shared values	<input type="checkbox"/> Justice and fairness
<input type="checkbox"/> Work outdoors	<input type="checkbox"/> Work helping others	<input type="checkbox"/> Intellectual stimulation	<input type="checkbox"/> Status/prestige
<input type="checkbox"/> Work remotely	<input type="checkbox"/> Control of daily work	<input type="checkbox"/> Mentorship	<input type="checkbox"/> Commitment

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Now that you have identified your values.

- Circle the top 10 values that are the most essential to your overall happiness and career satisfaction.
- Prioritize your values and then define them in your own words.
- Identify specific key examples of when each value was or was not met in a past experience.

Top 10 Values by Importance	Your Own Definition of Value	Specific Example of Value
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		