

Careers, Employability and Student Enterprise

Your Key Values

The table below contains a list of commonly held values. Highlight the values that are most important to **you** in your life. You may wish to add other values of your own.

| | | |
|---------------------------|---------------------------------|-----------------------------------|
| Achievement | Growth | Pleasure |
| Advancement/ promotion | Having a family | Power and authority |
| Adventure | Helping other people | Privacy |
| Affection/ caring | Helping society | Public service |
| Arts | Honesty | Purity |
| Challenging problems | Independence | Quality of what I take part in |
| Change and variety | Influencing others | Quality relationships |
| Close relationships | Inner harmony | Recognition (respect, status) |
| Community | Integrity | Religion |
| Competence | Intellectual status | Reputation |
| Competition | Involvement | Responsibility/ accountability |
| Cooperation | Job tranquillity | Security |
| Country | Knowledge | Self-respect |
| Creativity | Leadership | Serenity |
| Decisiveness | Location | Sophistication |
| Democracy | Loyalty | Stability |
| Ecological awareness | Market position | Status |
| Economic security | Meaningful work | Supervising others |
| Effectiveness | Merit | Time freedom |
| Efficiency | Money | Truth |
| Ethical practice | Nature | Wealth |
| Excellence | People I work with are | Wisdom |
| Excitement | open/ honest | Work under pressure |
| Fame | Order (tranquillity, stability) | Work with others |
| Fast living | Personal development | Working alone |
| Financial gain | Freedom | |
| Friendships | Physical challenge | |

Can you narrow your most important values down to just three that are essential to you?

In the next section we will consider these values further.

For each of your top three values, write down a description, a few words or even a picture of what they mean to you:

| Value 1 | Value 2 | Value 3 |
|---------|---------|---------|
| | | |

Think about how well your current role fulfills these values. What score would you give it (out of 10)?

| Value 1 | Value 2 | Value 3 |
|---------|---------|---------|
| /10 | /10 | /10 |

If the score is not 10/10, what would be different if it was 10/10? What would you have that you do not have now?

| Value 1 | Value 2 | Value 3 |
|---------|---------|---------|
| | | |

What would you need to have in a future career that would increase your values fulfillment score?

| Value 1 | Value 2 | Value 3 |
|---------|---------|---------|
| | | |