

WORK-RELATED VALUES

Here is an opportunity to narrow down your top values in order to seek careers that align, rather than clash, with what's important to you.

Ask yourself the following:

Intrinsic: What are the things that make you feel fulfilled?

Work Relationship: What's important to you in your work relationships?

Work Environment: What conditions provide the perfect atmosphere for you to do amazing things?

Work Content: What are types of activities that are important to you in you work?



Step 1: Take a look at the values below and rate each one as either 'not important', 'somewhat', or 'very important'.

Step 2: Review those values rated 'very important'. Which ones stand out?

Step 3: Take a look at all of the values you checked off as very important. Review them, and determine your overall top 10 by entering the number to the left of the value. Don't worry too much about the order, the purpose of this exercise is to uncover the things most important to you.

Intrinsic: What I Want

#	not important	indifferent	very important	#	not important	indifferent	very important
___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Turn page for more >>

Work Relationship: I Like to Work with Those Who Are

#		not important	indifferent	very important	#		not important	indifferent	very important
___	Empathic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Wise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Determined	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Proud	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Compassionate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Humorous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Ambitious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Trustworthy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Kind	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Sincere	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Assertive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Humble	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Loyal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Proactive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Patient	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Honest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Strong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Supportive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Warm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					

Work Environment: My Place of Work Should Value

#		not important	indifferent	very important	#		not important	indifferent	very important
___	Structure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Intelligence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Fairness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Excellence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Flexibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Consistent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Independence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Resilience	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Reliability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Ambition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Responsibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Proactive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Simplicity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Competitive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Stability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Ethical	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Punctuality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					

Work Content: My Work Should Involve

#		not important	indifferent	very important	#		not important	indifferent	very important
___	Teamwork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Practicality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Achievement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Challenge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Perfection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Precision	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Resourcefulness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Autonomy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Expertise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Spontaneity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Organization	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Creativity/Imagination	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Accountability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Accuracy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___	Efficiency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___	Open Communication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					

So you've narrowed down your top values, now what? Use your values as a tool while exploring careers. Ask yourself, are the fields that you are learning more about aligned with the things most important to you? Two great ways to answer those questions would be through [informational interviews](#) and [internships](#). If you still feel stuck or want to review your top values and explore your career options, feel free to make an appointment with us through [Spartajobs](#).