

Work Values Worksheet

NAME _____

Identifying your personal values is an important part of a successful career plan. The word "value" is how you feel about the work itself and how the work contributes to society. If people choose work which matches their values, they feel satisfied and successful in their careers. Below is a list of personal values that have been identified by people as important to them. Rate your own work values using this scale:

1 - I DON'T VALUE

2 - I VALUE a little

3 - I value VERY MUCH

Personal Work Value	Description	Your Rating
Help Society	I really want to do something which contributes to improving the world we live in	
Help Others	I want to help other people either individually or in small groups	
Public Contact	I would like to have lots of daily contact with the general public	
Work with Others	I want to work as part of a team or group toward the same goals	
Work Alone	I enjoy projects and tasks by myself with limited contact with other people	
Competition	I would like to do activities which place my abilities in competition with others, like how many I can sell	
Make Decisions	I want to personally decide the action to take and the policies	
Work Under Pressure	I like time pressure as a big factor for work situations	
Influence People	I want to influence the attitudes and opinions of other people	
Knowledge	I would like to be involved in gaining knowledge and understanding, like a discovery	
Work Mastery	I want to become an expert in whatever work I do	

Artistic Creativity	I would like to be involved in creative artistic expression	
General Creativity	I would like to create new programs, materials and an organization structure	

Work Values (cont'd)

- Place a star in the above column of those which you ranked 3.
- Draw one line through those which you ranked a 1.
- Think about those with the star. What occupations do you think might match those values? Make a list.

-
- Look at and think about those that you “don’t value very much.” Which occupations match those? Make a list. Also identify the work values that are NOT important to you and that ARE work values.
-