

Exercise #3: What is important to me?

Understanding your values will help you select occupations that contribute to your career and life satisfaction. Indicate the extent to which the following values must be incorporated into your chosen career:

Value	Definition	Must have	Nice to Have	Doesn't Matter
Achievement	Personal/professional feeling of accomplishment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advancement	Opportunities for continuing promotion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adventure	Work that involves risk-taking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aesthetics	Work that involves the appreciation of beauty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Affiliation	Recognition as a member of a particular group/team/staff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Altruism	Work that emphasizes helping others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Autonomy	Relative independence from others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Challenge	Stimulating work that demands the best of you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Compensation	Being well-paid for your work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Competition	Work that involves win/lose outcomes			
Creativity	Creating new ideas, programs, or organizational structures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decision-Making	The power to decide organizational policies and courses of action	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diversity	Interacting with people who are different from you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Environment	Work that is done in a specific type of surroundings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fast-Pace	Work that must be accomplished quickly in order to meet deadlines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flexibility	Establishing your own work schedule	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Influence	Shaping the attitude or opinion of others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intellectual Status	Work that acknowledges one's intellectual expertise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knowledge	Engaging in the pursuit of knowledge, truth and	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	understanding			
Personal Fulfillment	Expressing one's personal or cultural values	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical Challenge	Work that is physically demanding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Power/ Authority	Controlling the work activities of others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Precision	Work in situations where accuracy is crucial	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Predictability	Work that involves routine daily tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prestige	Work having high status and respect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Profit	Work that focuses on an organization's or one's own financial gain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Public Contact	Opportunity for contact with people outside of one's work group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognition	Gaining acknowledgement for one's accomplishments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relationships	Work involving pleasant interpersonal interaction with colleagues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Responsibility	Being trusted with important tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Security	Job is not likely to be eliminated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skill Utilization	Work that fully makes use of one's unique abilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spirituality	Allowing one to explore the spiritual meaning of life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Teamwork	Collaborative work within a group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Variety	Frequently changing responsibilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

List the Values that you indicated you **MUST** have in your chosen career, and then rank order their importance to you.