

Work Values Exercise

Throughout your life you acquired a set of values — beliefs and ideas that are important to you. For example you may believe that one should always be honest or that one must always be a loyal friend. You live your life according to this set of values. In order to have a happy, successful and fulfilling life, you must act upon your values, both in your personal life and at work. Taking your values into account when you choose a career could be the most important factor that determines whether you will or won't be satisfied with that aspect of your life.

Exercise: Circle 5 words that describe your personal work values. Think about times you accomplished something that led to high energy or satisfaction. Think about why these values are important to you. Add words to the list if you don't see what's important to you.

Accomplishment	Fast pace	Manageable stress levels
Alignment with org values	Freedom / Independence	Partner career opportunity
Artistic creativity	Friendships	Physical challenge
Attractive workspace	Fulfillment	Power and authority
Autonomy	Functional expertise	Prestige
Challenge	Help others	Prosperity
Change	Impact society	Public contact
Chaos	Influence	Recognition
Commercial challenge	Innovation	Risk
Community activity	Integrity	Security
Competition	Knowledge	Stability and routine
Diversity	Learning	Teamwork
Employee benefits	Legacy	Technical expertise
Environmental integrity	Life balance	Travel
Ethical standards	Line management	Variety and choice
Excitement	Location	Work under pressure
	Loyalty	