

Formulating Your Values

Values are a person's principles or standards of behavior. They are rooted in our beliefs and define our actions. Values can also be defined by a person's judgment of what is important in life. It is no surprise that values are deeply entwined with passions and career interests. Values will also have a strong incidence on a person's work style and work ethic. So, what are your values? Here is a little exercise to get you started. This exercise, however, is limited because it is difficult to produce a full list of all existing values. That being said, don't hesitate to add you own to the list!

Circle your 10 most important values, and number them in order of priority.

- | | | |
|---|---|---|
| <input type="checkbox"/> <i>Travel</i> | <input type="checkbox"/> <i>Compete with others</i> | <input type="checkbox"/> <i>Travel</i> |
| <input type="checkbox"/> <i>Eat healthy</i> | <input type="checkbox"/> <i>Change society</i> | <input type="checkbox"/> <i>Friends</i> |
| <input type="checkbox"/> <i>Gain status</i> | <input type="checkbox"/> <i>Be self-employed</i> | <input type="checkbox"/> <i>Work at your own pace</i> |
| <input type="checkbox"/> <i>Be original</i> | <input type="checkbox"/> <i>Live in a quiet area</i> | <input type="checkbox"/> <i>Be autonomous</i> |
| <input type="checkbox"/> <i>Look good</i> | <input type="checkbox"/> <i>Resolve complex issues</i> | <input type="checkbox"/> <i>Take risks</i> |
| <input type="checkbox"/> <i>Earn more than others</i> | <input type="checkbox"/> <i>Be physically active</i> | <input type="checkbox"/> <i>Dress well</i> |
| <input type="checkbox"/> <i>Live in a city</i> | <input type="checkbox"/> <i>Family</i> | <input type="checkbox"/> <i>Live in the suburbs</i> |
| <input type="checkbox"/> <i>Gain advancement</i> | <input type="checkbox"/> <i>Entertainment and leisure</i> | <input type="checkbox"/> <i>Be responsible</i> |
| <input type="checkbox"/> <i>Do as less as possible</i> | <input type="checkbox"/> <i>Have a safe job</i> | <input type="checkbox"/> <i>Be successful</i> |
| <input type="checkbox"/> <i>Have a secure job</i> | <input type="checkbox"/> <i>Having free time</i> | <input type="checkbox"/> <i>Be rich</i> |
| <input type="checkbox"/> <i>Work in a clean space</i> | <input type="checkbox"/> <i>Make important decisions</i> | <input type="checkbox"/> <i>Work in a comfortable space</i> |
| <input type="checkbox"/> <i>Having a specialty</i> | <input type="checkbox"/> <i>Security</i> | <input type="checkbox"/> <i>Being close to nature</i> |
| <input type="checkbox"/> <i>Be popular or famous</i> | <input type="checkbox"/> <i>Having diverse tasks</i> | <input type="checkbox"/> <i>Having a routine</i> |
| <input type="checkbox"/> <i>Breaking the routine</i> | <input type="checkbox"/> <i>Be refined</i> | <input type="checkbox"/> <i>Complete advanced studies</i> |
| <input type="checkbox"/> <i>Find inner peace</i> | <input type="checkbox"/> <i>Live a spiritual life</i> | <input type="checkbox"/> <i>Learn everyday</i> |
| <input type="checkbox"/> <i>Be imaginative</i> | <input type="checkbox"/> <i>Create things</i> | <input type="checkbox"/> <i>Find true love</i> |
| <input type="checkbox"/> <i>Work close to home</i> | <input type="checkbox"/> <i>Live alone</i> | <input type="checkbox"/> <i>Lead others</i> |
| <input type="checkbox"/> <i>Use teamwork</i> | <input type="checkbox"/> <i>Communicate effectively</i> | <input type="checkbox"/> <i>Feel useful</i> |
| <input type="checkbox"/> <i>Be surrounded by people</i> | <input type="checkbox"/> <i>Cultivate life</i> | <input type="checkbox"/> <i>Have a well-respected job</i> |
| <input type="checkbox"/> <i>Be politically savvy</i> | <input type="checkbox"/> <i>Execute pre-established tasks</i> | <input type="checkbox"/> <i>Collaborate with others</i> |
| <input type="checkbox"/> <i>Manage multiple tasks</i> | <input type="checkbox"/> <i>Advance field of science</i> | <input type="checkbox"/> <i>Help people directly</i> |
| <input type="checkbox"/> <i>Live in a nice home</i> | <input type="checkbox"/> <i>Be generous</i> | <input type="checkbox"/> <i>Loyalty</i> |
| <input type="checkbox"/> <i>Focus</i> | <input type="checkbox"/> <i>Honesty</i> | <input type="checkbox"/> <i>Spontaneity</i> |
| <input type="checkbox"/> <i>Seek challenge</i> | <input type="checkbox"/> <i>Fight for equality</i> | <input type="checkbox"/> <i>Community</i> |
| <input type="checkbox"/> <i>Practicality</i> | <input type="checkbox"/> <i>Curiosity</i> | <input type="checkbox"/> <i>Open mindedness</i> |
| <input type="checkbox"/> <i>Intellectual rigor</i> | <input type="checkbox"/> <i>Initiative</i> | <input type="checkbox"/> <i>Altruism</i> |
| <input type="checkbox"/> <i>Rationality</i> | <input type="checkbox"/> <i>Precision</i> | <input type="checkbox"/> <i>Knowledge</i> |
| <input type="checkbox"/> <i>Power</i> | <input type="checkbox"/> <i>Prestige</i> | <input type="checkbox"/> <i>Order</i> |
| <input type="checkbox"/> <i>Devotion</i> | <input type="checkbox"/> <i>Challenging myself</i> | <input type="checkbox"/> <i>Productivity</i> |
| <input type="checkbox"/> <i>Efficiency</i> | <input type="checkbox"/> <i>Respecting authority</i> | <input type="checkbox"/> <i>Tolerance</i> |
| <input type="checkbox"/> <i>Duty</i> | <input type="checkbox"/> <i>Planning ahead</i> | <input type="checkbox"/> <i>Stability</i> |
| <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"/> _____ |