

Values Inventory

Read through the entire list of personal values, and check the 10 most important to you.

Now, if you had \$1000 to "buy" some or all of the values you just checked, how would you allocate the money? Write out the dollar amount next to each of values chosen. This will reveal a rank ordering of your personal values, and will be useful as you begin to evaluate future work opportunities. This inventory will also be helpful in the next exercise (Values Inventory II), and several others in the Career Boot Camp series.

- _____ Achievement - Accomplishment, results brought about by persistence
- _____ Advancement - Opportunity to make rapid moves upward in a hierarchy.
- _____ Adventure - Excitement, action, fast pace, taking risks in a business sense
- _____ Affiliation - Having close relationships with others; cooperation; friendship.
- _____ Autonomy - Doing things on my own, without having a lot of rules, orders or directions.
- _____ Balance - Sufficient time for pursuits outside of work; for balance between work and personal/family life.
- _____ Community - Involvement in community affairs and activities.
- _____ Creativity - Opportunity to express my own ideas, continually living in new and untested ways.
- _____ Decisions/Power - Having the power to decide a course of action, direction, policies; being the one in charge.
- _____ Economic security - Able to count on economic resources; freedom from money worries.
- _____ Emotional well-being - Peace of mind, quickly resolving inner conflicts.
- _____ Help Society - Doing something that contributes to the betterment of the world or community where I live; serving a cause.
- _____ High earning - Monetary rewards or the potential for increased monetary rewards in the future.
- _____ Honesty/Authenticity - Being frank and genuinely yourself with others and having them be that way with you.
- _____ Humor/Fun - Freedom to be spontaneous, playful, humorous, having laughs; keeping things in a lighter perspective
- _____ Independence - Doing things by myself, without lots of contact with other people; solitude.
- _____ Influence people - Be in a position to change attitudes or actions of other people; leading through knowledge or expertise
- _____ Intellectual Challenge - Learning new things, stimulating the mind.
- _____ Justice/Fairness - Treating others impartially, wanting equity for others and myself.
- _____ Location - Living in a place (town, geographical area) that is conducive to my lifestyle and things I enjoy doing.
- _____ Love/Family - Affection, intimacy, caring, attachment to a family.
- _____ Physical challenge - Meeting physical demands; physical risk-taking.
- _____ Physical Environment - Clean, comfortable, pleasant space and surroundings.
- _____ Project identity - Able to produce tangibles, seeing end results of my work.
- _____ Recognition/Respect - Having others acknowledge me as important; prestige; public approval and acclaim; people look up to me because of what I do.
- _____ Religious/Spiritual Conviction - Communion with or activity on behalf of God or other higher power.
- _____ Service - Being involved in helping other people directly, individually or in small groups.
- _____ Stability - Certainty, slower pace of change; preferring to keep things on an even keel.
- _____ Structure - Having a defined set of expectations from others knowing what is expected within defined rules or guidelines.
- _____ Tranquility - Serenity; freedom from pressures and "the rat race."
- _____ Variety - New and challenging experiences; using new resources or abilities in new situations; novelty, change.