

# Values

Values are those enduring characteristics or aspects of life and work that we consider important, even essential, to our satisfaction. What motivates you and would make a career worthwhile? In other words, what do you really care about? Knowledge of your values helps refine your understanding of who you are and what you want in your next role.

## Values Checklist

On the following list check your top ten to fifteen values. Of those, consider which ones you really must have in your life and career? Circle the top five.

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|--------------------------|----------------------|-------------------------|
| Achievement              | Generosity           | Prestige-Status         |
| Adventure-Daring         | Health               | Privacy                 |
| Aesthetics-Beauty        | Helping others       | Public Contact          |
| Affiliation-Connection   | Honesty              | Reciprocation of Favors |
| Authenticity             | Honor                | Recognitions            |
| Independence             | Humility             | Respect or Others       |
| Broadmindedness          | Influence            | Respect of Tradition    |
| Challenge                | Inner Harmony        | Responsibility          |
| Comfort                  | Integrity-Ethics     | Self-Actualization      |
| Cooperation              | Intelligence         | Self-Discipline         |
| Competition              | Leadership           | Self-Expression         |
| Contributions to Society | Leisure Time         | Self-Respect            |
| Creativity               | Love-Compassion      | Sense of Belonging      |
| Curiosity                | Loyalty              | Service                 |
| Devotion                 | Meaning in Life      | Social Justice          |
| Enjoyment-Nature         | Moderation           | Social Order Structure  |
| Equality                 | Nurturing Others     | Spirituality            |
| Ethics                   | Order-Structure      | Stability               |
| Excitement-Stimulation   | Patriotism           | Status                  |
| Expertise-Competence     | Peace                | Success                 |
| Fairness                 | Personal Development | Variety                 |
| Fame                     | Physical Fitness     | Wealth                  |
| Family                   | Play                 | Other Values not Listed |
| Forgiveness              | Pleasure             | _____                   |
| Freedom                  | Politeness           | _____                   |
| Friendship               | Power-Authority      | _____                   |