Work Values Inventory

Values are an important part in the career decision-making process. It is important to select career options, which best fit your values. The list below will help you to identify those values that you think will be important to you in your work. Your work values may change as work situations change. Therefore, it is important to evaluate your work values often.

Read each value and decide if it is **always important** to you, **sort of important** or **not important** to you. Place an "X" in the appropriate box. The definition is there to help you think about the value. If your definition is different, use your own definition when rating the value.

The CORE VALUES that are important to me in my life are:	Always Important	Sort of Important	Not Important
Achievement - Being able to meet your goals.			
Balance - Time for family, work and play.			
Independence - Control of your own destiny.			
Influence - Able to have an impact on others.			
Integrity - Stand up for your beliefs.			
Honesty - Telling the truth & knowing that others are telling the truth.			
Power - Control over others.			
Respect - Care and trust of self and others.			
Spirituality - Believing in your core beliefs.			
Status - Having influence and power over others.			
I value WORK ENVIRONMENTS that are:	Always Important	Sort of Important	Not Important
Fast Paced - Work that has many things happening at one time.			
Flexible - Work that is not set to a specific time schedule.			
High Earning - Work that has the potential to make a lot of money.			
Learning - Work that is intellectually challenging for you.			
Location - Work that is in a convenient place and an easy commute.			
Predictable - Work where you know what is going to happen day after day.			
Quiet - Work where that are few disruptions throughout the day.			
Relaxed - Work where there are few pressures to get things done.			
Structured - Work where it is organized and has a specific set times.			
Time Freedom - Work where you set your own schedule and plan how and when you do your work.			

I value **WORK INTERACTIONS** with co-workers who support:	Always Important	Sort of Important	Not Important
Competition - Work where you compete with others.			
Diversity - Work where there are people with different ethnic backgrounds.			
Friendships - Work where you socialize with your co-workers.			
Leadership - Work where that are good leaders managing the organization.			
Management - Work where there is strong management.			
Open Communication - Work where information is not held back from employees.			
Recognition - Work where you are acknowledged for your work and contribution.			
Support - Work where you help and support each other.			
Teamwork - Work where working together is important.			
Trust - Work where you can count on each other.			
Spirituality - Believing in your core beliefs.			
Status - Having influence and power over others.			
I value **WORK ACTIVITIES** that are:	Always Important	Sort of Important	Not Important
Analytical - Work that requires interpretation of data and information.			
Challenging - Work that is mentally or physically challenging.			
Creative - Work that uses imagination and creative talents to produce results.			
Helping - Work that is helping people.			
Leading Edge - Work on new and innovative products or projects.			
Physical - Work that has a lot of physical activity.			
Public Contact - Work that has daily interaction with the public.			
Research - Work that searches for new information.			
Risk Taking - Work that may be dangerous or risky.			
Variety - Work where many different tasks are done during the day.			

Review the "Always Important" values and choose your top five values. Write the values on the lines below with the most important value first. Check the box that indicates the section the value is from.

My Top 5 Always Important Values

	Core Values	Work Environments	Work Interactions	Work Activities
1.				
2.				
3.				
4.				
5.				

My Values Work Story

Write a paragraph describing how you see your top 5 values in your work.

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