



Self-Awareness: What do I value?

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A VALUE is defined as principles, standards, or qualities that influence your choices throughout life and provide guidance when evaluating options. Values may cause someone to study for years to become a doctor or a lawyer while others seek a quick and easy way to wealth. Or they may cause a seasoned professional to change careers after spending decades developing expertise and reputation in a particular field.

PART 1: Rate the level of importance you place on each issue using the scale below...

On a scale of 1-3, how "important" this issue is to you?
3=Very Important 2=Not Sure/Neutral 1=Not Important



Advancement

Work hard and advance rapidly

Adventure

Have duties that involve frequent risk taking

Autonomy

Set own goals and work without close supervision

Balance

Integrate needs of personal life—family, friends, self

Casual Dress

Wear casual, comfortable clothing to work

Challenge

Solve difficult problems and avoid routine

Change & Variety

Have duties that change frequently

Commitment

Feel pride in product or service

Community

Be involved in community affairs

Compatibility

Work with people who share same interests and values

Compensation

Good salary and other financial rewards

Competence

Work where I have talents above the average

Competition

Pit my abilities against those of others

Creativity

Create original ideas, programs, or products

Education Benefits

Continue my education through job benefits

Enthusiasm

Work with people who are energized and challenged

Environment

Work in pleasant and comfortable surroundings

Ethics

Perform work consistent with strong personal beliefs

Excellence

Product is recognized as outstanding

Excitement

Experience a high degree of exhilaration in my work

Family

Keep the needs of my family a first priority

Fast Pace

Work at a fast pace and perform work rapidly

Feedback

Gain information on performance

Fixed Hours

Have set hours and free time

Friendships

Have close relationships with colleagues

Fringe Benefits

Have good medical insurance and vacation time

Generalist

Use broad knowledge of many areas in work

Help Others

Help or serve people

Help Society

Work to contribute toward bettering the world

High Earnings

Obtain the essentials and luxuries that I want

Incentive Pay

Have financial rewards depend on results

Independence

Determine nature of work without interference

Influence People

Change attitudes and opinions of others

Innovation

See work on latest cutting edge of my industry

Intellectual Status

Be regarded as an expert in my field

Job Tranquility

Avoid extreme pressure and the "rat race"

Knowledge

Pursue truth, knowledge, and human understanding

Leisure

Devote energy to personal and leisure activities

Location

Work in a particular geographic area

Make Decisions

Decide policy or course of action

Management

Be responsible for work of others to produce results

Mentor

Work under someone whose guidance I respect

Moral Fulfillment

Work to further important moral standards

Personal Development

Workplace encourages self-growth

Physical Challenge

Be rewarded for superior physical ability

Policies & Practices

Company treats its employees fairly

Power & Authority

Control the actions and lives of others

Precision

Work at an exacting job

Predictability

Have a well-ordered workday with few surprises

Pressure

Work under deadlines and critical judgment

Professional Growth

Learn new ideas or skills at work

Profit & Gain

Accumulate money or material rewards

Public Contact

Maintain day-to-day contact with people

Recognition

Achieve visible and public recognition

Reputation

Work for a well-known and respected organization

Security

Be assured of keeping job and having a steady income

Self-Expression

Be able to convey my ideas to improve my job

Service

Feel work benefits others

Spirit

Opportunity to be full of spirit, animated, and lively

Spiritual

Work activities connect inner values to outside realities

Stability

Have predictable and regular work routine

Staff Position

Work in a support or advisory position

Status

Gain respect from friends, family, and community

Strategic Thinking

Involvement in innovative and visionary thinking

Structure

Receive clear direction as to goals and procedures

Supervision

Be directly responsible for work of others

Teamwork

Work with others to reach goals

Technical Work

Be an expert in a specialized field

Time Freedom

Set own schedule and hours

Travel

Move from place to place

Visibility

Do work noticeable to higher management

Work Alone

Have little contact with others on the job

PART 2: Now What?: Reflection Journal

Of the values that have high importance to you, are there any that stand out more than the others?

What values would you rank as essential for your future success and happiness?

BRINGING IT TOGETHER:

Review the activity and note all of the rated values, as well as examine your answers to the questions in the Now What?: Reflection Journal. Then, in the “Extremely Important” section of the chart, list your top five values that you have to incorporate into your major, career, and/or work environment. In the “Least Important” section of the chart, list the top five values that you would least like incorporated into your major, career, and/or work environment.

Values		
Rank	Extremely Important	Least Important
1		
2		
3		
4		
5		