When exploring career options, it is important to consider how different careers compare with you “work values,” or what you consider to be important in a job. Use this worksheet to help you prioritize your values as they related to the world of work. Write the values in the spaces provided, with no more than 5 under “Most Important,” not more than 10 under “Important,” and the rest under “Other.”

- Review your results. This information may help you generate or narrow down your career options. Keep in mind that values are just one factor to use in making career decisions. You should also take into consideration your skills, interests, and personality. Refer to the handout titled “Using MyPlan.com.”
- Gather occupational information about the careers you are considering and see if they are consistent with your list. One of the best sources of this kind of information is from people actually doing the job. Conduct what is called an “informational interview.” Refer to the handout titled “Informational Interviewing.”

**Career Exploration – Identifying Your Work Values**

**Most Important Values**

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________

**Important Values**

6. ____________________________________________
7. ____________________________________________
8. ____________________________________________
9. ____________________________________________
10. ___________________________________________
11. ___________________________________________
12. ___________________________________________
13. ___________________________________________
14. ___________________________________________
15. ___________________________________________

**Other Values**

16. ___________________________________________
17. ___________________________________________
18. ___________________________________________
19. ___________________________________________
20. ___________________________________________
21. ___________________________________________
22. ___________________________________________
23. ___________________________________________
24. ___________________________________________
25. ___________________________________________

Challenging Work
Likeable Associates
Authority over Others
Intellectual Stimulation
Job Prestige
Sense of Personal Worth
Travel Opportunities
Sense of Accomplishment
Relocation Not Required
Opportunity to be Creative
High Income
Power
Work in Nature
Influencing Others
Help Others
Feeling of Belonging
Opportunity for Advancement
Regular Working Hours
Job Security
Work Independently
Flexible Schedule
Good Supervisor
Work in Nice Surroundings
Personal Recognition
Work for a “Cause”