

Career & Your Values

According to Dr. Tom Denham, "Values offer a rationale for why you do what you do and can contribute to peace of mind. When you are principle-centered, driven by and operating out of your values, you experience far greater career fulfillment. What are your most important values? Review and select your top five values from this sample list or any additional values and write them down. Clarifying your core values will help you stay focused and help you pick careers that are the most appropriate for you."

Values Inventory

Tom Denham

1. **Achievement:** Having a sense of accomplishment in my work.
2. **Challenge:** Having tasks and responsibilities that test and demand my skills.
3. **Creativity:** Contributing to the truth, beauty, culture, writings, design and artistic aspects of life.
4. **Duty:** Having obligations for which I am responsible and accountable.
5. **Expertise:** Being skillful, an authority, in what I do.
6. **Family:** Having quality time to spend with my family, friends and loved ones.
7. **Friendship:** Working with people I like and being liked by them; developing collegiality.
8. **Geographical Location:** Being able to live where I want to live.
9. **Health:** Having a work environment that is safe and free of physical hazards.
10. **Independence:** Freedom of thought and action; being able to act in terms of my own time schedule, work style and priorities.
11. **Intellectual Stimulation:** Thinking independently and the opportunity for learning how and why things work.
12. **Leadership:** Being truly influential in my work; anticipating problems, making an impact and showing initiative in my job.
13. **Lifestyle:** Working in a way that permits me to live the kind of life I choose and to be the type of person I wish to be.
14. **Management:** Planning and delegating the work of others to achieve outcomes.
15. **Physical Work:** Lifting, carrying, moving, and using my physical attributes.
16. **Power:** Authorizing the approval of a course of action; making assignments, initiating projects and controlling resources.
17. **Prestige:** Being seen as successful; becoming well known; obtaining recognition and status.
18. **Productivity:** Accomplishing important and significant things; being more efficient at what I do.
19. **Recognition:** Being acknowledged for what I do in my position; feeling appreciated and valued.
20. **Security:** Having a safe and stable position.
21. **Self-fulfillment:** Enjoying my work; having fun doing it, allowing me to realize the potential of my talents.
22. **Service:** Contributing to the satisfaction of others; healing or helping people in need.
23. **Surroundings:** Working under pleasant conditions.
24. **Variety:** Performing a lot of different tasks in my position; having priorities that change.
25. **Wealth:** Making money and becoming financially independent to do what I want to do.

My top five values for matching to job or career options are:

- 1.
- 2.
- 3.
- 4.
- 5.