

Values Checklist & Handout

OVERVIEW Values are the foundational beliefs we hold, which we use to guide our actions, determine our motivations, provide us purpose, and give us our sense of right and wrong. In essence, our core values tell us how to behave and how to interact with the world around us. From a career lens, knowing what our own values are can help us consider the type of career, work environment, and people we want to surround ourselves with.

Mark the values below that are important for you to have in a career

- Accountability
- Achievement
- Adaptability
- Adventure
- Altruism
- Autonomy
- Avoiding stress
- Belonging
- Benefits
- Benevolence
- Challenge
- Changing the world
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Mark the values below that are important for you to have in a career

Note: this is the same list as on the first page but compiled into types of values

Extrinsic Career Values **tangible rewards that exist as byproducts of working**

- Benefits
- Compensation / Salary / Income
- Income based on productivity
- Job Security
- Prestige
- Promotions
- Recognition
- Work Conditions

Lifestyle Career Values **factors that contribute to quality of life outside of work**

- Diversity / Culture
- Faith
- Family
- Health
- Homeownership
- Inclusion
- Justice
- Legacy
- Leisure
- Location
- Moral/spiritual fulfillment
- Pride
- Work/Life Balance

Intrinsic Career Values **intangible rewards that keep you engaged at work**

- Accountability
- Adaptability
- Benevolence
- Challenge
- Collaboration
- Commitment
- Communication
- Competition
- Contribution
- Creativity
- Critical Thinking
- Discipline
- Environment
- Excellence
- Fast pace
- Flexibility
- Helping others
- Independence
- Influence
- Intellectually Demanding
- Interaction
- Knowledge
- Leadership
- Learning
- Order
- Physical Activity
- Power / Status
- Problem Solving
- Responsibility
- Risktaking
- Routine work
- Structure
- Teamwork
- Timeliness
- Variety of tasks
- Vision
- Working Alone
- Working Outside

Both Intrinsic & Lifestyle Career Values

- Achievement
- Adventure
- Altruism
- Autonomy
- Avoiding stress
- Belonging
- Changing the world
- Climate / Culture
- Community
- Confidence
- Equality
- Ethics
- Fun

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Values list adapted from the following sources:

- x <https://www.glassdoor.com/blog/guide/careervalues/>
- x <https://www.thebalancemoney.com/what-are-careervalues-with-examples2059752>
- x <https://www.indeed.com/careeradvice/careerdevelopment/careervalues#:~:ext=What%20are%20career%20values%3F,satisfaction%2C%20career%20advancement%20and%20success>
- x <https://www.simonsezit.com/article/checklist-in-word/>
- x <https://www.ethicsage.com/2018/08/what-are-values.html>