

Career Values Questionnaire

This questionnaire will help you to develop self-awareness as to what is important to you and what you want out of your life and career. Understanding your career values can help you to target more effectively the organisation and role to suit you, understand the kind of people you most like to associate with, and where to channel your energies in order to derive maximum personal satisfaction.

For each value, mark its importance to you at this time as high, medium or low (irrespective of how well you are currently satisfying that value in your life at present). Avoid the temptation to mark each as 'High' – try to allocate approximately one-third of the values to each category.

What I really value in life	Importance		
	High	Med	Low
Accomplishment – to achieve; reach the top			
Affection – to obtain and share warmth, caring, companionship with family, friends, colleagues			
Affiliation – to be accepted and liked by others			
Autonomy – to direct my priorities and schedules			
Challenge – to have interesting, challenging work			
Competence – to be respected for my ability			
Expertise – to be a respected authority			
Family – to spend time with my family and to have meaningful relationships			
Growth – to maximise my full potential; to be constantly learning, changing and developing			
Health – physical health, fitness			
Integrity – to have the courage of my convictions; to be honest, to uphold my beliefs			
Leadership – to influence and direct others			
Location – to live where I want to live			

Money – to be financially successful			
Pleasure – to have fun; to enjoy life and work			
Recognition – to have status and the respect of others			
Security – to achieve a secure financial situation			
Service – to help other people; to contribute to the well-being of others, to help improve society			
Spiritual – inner harmony; to be at peace with myself and live by my moral and ethical beliefs			
Other values –			

Summarise your Values

Analyse how your values are currently being satisfied and what you must do in the future.

<p>At this time in my life my five most important values are:</p> <p>1. _____ 2. _____ 3. _____ 4. _____</p> <p>5. _____</p> <p>Values which must be satisfied in my:</p>	
Working Life	Personal Life

Ways in which I may be able to achieve greater satisfaction of my values in my working life are:

Ways in which I may be able to achieve greater satisfaction of my values in my personal life are:
