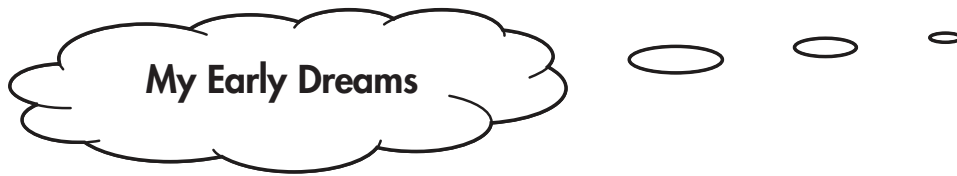


Exploring My Values

What makes people show up for work everyday? One obvious answer is — a paycheck. But money isn't all that people want from work. In fact, research shows that most people think some things are more important than money. People who like their work — and there really are millions of them! — usually, rate pay as the # 8 value in a list of 10. Some things people might value more than money are recognition for doing a good job, working as part of a team, building something people need, or helping people improve their lives.

What would make you show up for work everyday? Once you have a regular paycheck, you'll want satisfying work to keep you coming back. The aim of this lesson is to discover your work values — the things you want to get from work to feel it's worth the effort. When your work fits with your values, work isn't just a way to pay the bills; it's fulfilling and exciting.

Once you identify which values are most important, think about the kinds of work that would provide them. That's an important step in making career decisions that will be right for you.



As children, most people have dreams about what they want to be when they grow up. What jobs sounded good to you when you were a child? As you get older, you may no longer want that dream, or may feel that it is unrealistic, but you may still want some of the values those dreams represent. Complete the following activities.

1. When I was younger, I wanted to be a _____.
2. In the list below, "My Values," circle the values, or reasons, why you wanted that job/career.
3. Look at the list again. Write below five (5) values that are most important to you **today**. Have your values changed?

My Values:

Achievement
Respect
Honesty
Influence
Knowledge
Independence
Beauty
Time freedom
Trust
Wealth
Power
Predictability
Friendship
Helpful

Cooperation
Advancement
Security
Service
Status
Leadership
Excitement
Physical activity
Challenge
Change and variety
Competence
Work alone
Privacy
Recognition

High Income
Creativity
Ambition
Artistry
Entrepreneur
Team Work
Loyalty
Known as an expert
Fame
Fast pace
Freedom
Competition
Contribution
Wisdom