

Career Values

Your values are what you believe in, what you think is important and what has meaning to you. They are not only important in choosing the right occupation, but also in identifying the environment in which you wish to work and the types of people you may wish to work with. When values in your working life align with your personal values, you are more likely to be satisfied and happy. The following list does not cover everything, but should start you thinking about what is important to you in your work and life. Evaluate each value in terms of how important it is to you, *regardless* of how well this value is currently satisfied in your life. There are no right or wrong answers – this is about what is important to you.



To help you reflect on your values complete the activity below:

1. Rate each value by ticking how important it is to you in your work. Please use your own meaning of each value. You may wish to add values and there are other lists such as on careers.govt.nz
2. Highlight your top 10 values and reflect on what each value means to you. Are these values currently being met? They may be met through a range of work-life roles, not just from paid work.
3. Consider your values when you make career and employment decisions. Think about whether your values and your decisions about work align.

Values	Rate Importance 1=very, 2=sometimes, 3=not			Your Top 10 values What does this value mean to you?
	1	2	3	
Achievement				
Analytical				
Balance				
Belonging				
Challenge				
Comfortable income				
Competition				
Creative				
Decision-making				
Detailed				

Values	Rate Importance 1=very, 2=sometimes, 3=not			Your Top 10 values What does this value mean to you?
	1	2	3	
Diversity				
Excitement				
Fast pace				
Friendships				
Helping others				
Independence				
Influence				
Integrity				
Management				
Learning				
Location				
Making a difference				
Organising				
Physical				
Public contact				
Responsibility				
Risk taking				
Routine				
Security				
Spirituality				
Status				
Structure				
Teamwork				
Time freedom				
Variety				

**For support to help you work out positive strategies for your future, contact
The Career Development Company at connect@thecdc.nz**

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