



# Personal Values Checklist and Reflection

**What really matters to you?** The career possibilities associated with your degree may be more expansive than you think. Your values serve as a “North Star” that can guide you in finding your way and identifying deal-breakers. Values are the things you believe are important to the way you work and live.

Select the top five things you value in a career from the sample list below. Then rank them in order of importance to you. Be honest about what you really value, not what you think you should value.

- Helping other people
- Performing/art
- Financial reward
- Prestige/authority
- Working on a team
- Autonomy
- Achievement
- Location/commute
- Working outdoors
- Risk taking
- Job security
- Tangible results
- Creativity/new ideas
- Challenge/learning
- Faith/religion
- Working with physical things
- Improving society
- Entrepreneurship
- Daily variety
- Predictability
- Competition
- Friendship
- Diversity/culture
- Travel
- Benefits/vacation
- Health/well-being
- Flexible work/hours
- Recognition/praise
- Advancement
- Working with kids (or xx population)
- Leading others
- Creating beauty
- Creating knowledge
- Fun
- Other \_\_\_\_\_
- Other \_\_\_\_\_

Think of a job or experience you completed. Were you able to live out your top values in this context? Why/Why not?

Name a task that when you do it, three hours fly by without you even noticing. What is it about this activity that draws you in?

What is one skill or ability you are particularly proud of or something someone told you you're good at? How could this be applied to a career?

What would be a potential “deal-breaker” in a job? If it were like “XX” I couldn’t be happy there.