

### III. Lifestyle Values

These are the personal values associated with how and where you want to live, how you choose to spend your leisure time and how you feel about money.

How important (on a scale of one to five; five being most important) are these lifestyle values to you? Highlight your 5s, if you have less than five "5" highlight your 4s as well.

1. \_\_\_\_\_ Save money
2. \_\_\_\_\_ Vacation at expensive resorts
3. \_\_\_\_\_ Have access to educational/cultural opportunities
4. \_\_\_\_\_ Live close to sports/recreational facilities
5. \_\_\_\_\_ Be active in your community
6. \_\_\_\_\_ Entertain at home
7. \_\_\_\_\_ Be involved in politics
8. \_\_\_\_\_ Live simply
9. \_\_\_\_\_ Spend time with family
10. \_\_\_\_\_ Live in a big city
11. \_\_\_\_\_ Live abroad (in a different country)
12. \_\_\_\_\_ Have time for spirituality/personal growth
13. \_\_\_\_\_ Be a homeowner
14. \_\_\_\_\_ Live in a rural setting (small town or country)
15. \_\_\_\_\_ Have fun in your life and at work

### IV. Prioritizing Values

List your top 5 values for each category; these should be the ones you highlighted.

Intrinsic	Extrinsic	Lifestyle

## V. Analyzing your Values

Analyze which of the three categories is most important to you, highlight or circle the category. Consider how each is reflected in the work you currently do or in the position you would like to find. Look for overlaps or values that seem to go together, such as "be wealthy" from Extrinsic Values and "save money" from Lifestyle Values.

Narrow your list down even more. List the top five values you absolutely need both on and off the job.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## VI. Evaluate

Write two or three sentences describing or summarizing how your values will help you discover your ideal job. Knowing what's important will help you prepare for your next interview and plan for your future career.

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