

Student Name: _____

Work Values Checklist

Every day, we make choices -- some without careful consideration. Whether we realize it or not, often our career choice is based on values rather than the work. Values are the beliefs, attitudes and judgments we prize. Are you aware of your values? Do you act on them?

Use this checklist to get a better idea of what's important to you. It's divided into three categories related to **intrinsic, extrinsic and lifestyle values**. Read the directions for each part.

I. Intrinsic Values

These are the intangible rewards, those related to motivation and satisfaction at work on a daily basis. They provide the inner satisfaction and motivation that make people say, "I love getting up and going to work!"

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

1. _____ Variety and change at work
2. _____ Be an expert
3. _____ Work on the frontiers of knowledge
4. _____ Help others
5. _____ Help society
6. _____ Experience adventure/excitement
7. _____ Take risks/have physical challenges
8. _____ Feel respected for your work
9. _____ Compete with others
10. _____ Have lots of public contact
11. _____ Influence others
12. _____ Engage in precision work
13. _____ Gain a sense of achievement
14. _____ Opportunities to express your creativity
15. _____ Work for a good cause

<http://sunburst.usd.edu/~bwjames/tut/time/workinv.html>

II. Extrinsic Values

These are the tangible rewards or conditions you find at work, including the physical setting, job titles, benefits and earnings/earning potential. Extrinsic values often trap people into staying at jobs they don't like, saying: "I just can't give up my paycheck!" They are commonly called "golden handcuffs."

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

1. _____ Have control/power/authority
2. _____ Travel often for work
3. _____ Be rewarded monetarily (with money)
4. _____ Be an entrepreneur (own your own business)
5. _____ Work as a team
6. _____ Work in a fast-paced environment
7. _____ Have regular work hours
8. _____ Set your own hours/have flexibility
9. _____ Be wealthy
10. _____ Have prestige or social status (people in the community know who you are)
11. _____ Have intellectual status
12. _____ Have recognition through awards/honors/bonuses
13. _____ Wear a uniform
14. _____ Work in an aesthetically pleasing environment
15. _____ Work on the edge, in a high-risk environment