



Questions

1. What do you value most about yourself?
2. What do you value most about your friends?
3. List three things that make you frightened?
4. List three things that make you happy
5. List three things about the society in which you live that really upset you
6. If you had three wishes, what would you wish for?
7. What is the one thing in the world you could not live without?
8. What do you want to achieve most in life?
9. Finish the sentence, I don't know want to die if I haven't





You can start to understand your values from your answers. For example, you might start to see that your values include kindness, honesty, peace or health. Or you may see that security is a strong value. You might even find that making money and having a comfortable life are part of your value system.

What you would and would not do according to your values.

Read through the following list of careers. Which career would you choose and why? This will help you think more specifically about your values and how they guide your career choices.

Career	Yes	No	My reason why...
Social worker			
Nurse/Doctor			
Security Guard			
Hairdresser			
Librarian			
Sales Person			
Accountant			
Gardner			
Computer Operator			
Butcher			
Farmer			
Writer			
Till Operator			
National Service(army, navy, air force)			
Teacher			
Model			
Musician			
Priest			
Cleaner			
Politician			
Fashion Designer			
Gym Instructor			

Let's look more closely at a range of values. Read each description of a value, and rate how important it is you.





Values	1 Not Real ly	2 Quite Importa nt	3 Very Imp ortan t	4 Extr eme ly Imp orta nt
Justice (fairness and honesty)				
Intelligence (ability to understand things and people)				
Wealth(material comfort and security)				
Friendship(trust and companionship)				
Excitement (Adventure, travel)				
Social recognition (respect, admiration, fame, status)				
Peace(freedom from war and personal conflict)				
Pleasure(enjoyment, comfort)				
Beauty(appreciation of nice things)				
Security(personal and national protection)				
Equality(opportunities for everyone)				
Love (closeness ,intimacy, self giving)				
Family(security, care, closeness)				
Peace of mind(freedom from inner conflict)				
Self-determination(power to control your life)				
Happiness(satisfaction, joy, contentment)				
Self respect(pride, confidence in yourself)				
Authority(total order, confidence, leadership)				
Environment(appreciation of nature)				
Freedom/Independence(power to do what you want)				
Learning and growing person				
Service(giving/doing for others)				
Popularity(being liked by others)				
Belonging(being accepted by others, not isolated)				
Glamour(attractive lifestyle, excitement)				
Power(able to make changes, influence and control)				
Creativity(design and make new things)				
Physical activity(work with my body)				
Stability(no sudden unexpected changes)				
Comfort(ease, pleasure, relaxation)				

Linking values and career fields

Use the above list of values. Try and list the values which you think go best with each career field.

Career Field	Associated Values
Working directly with people	





Facts and figures	
Languages	
Administrative services	
Technical design and construction	
Artistic/creative work	
Outdoors	
Helping people in need	
Scientific research	
Practical careers (working with hands)	
Information technology (computers)	
Hospitality	

Now look at the column listing associated values. Which list contains the values you rated most important to you? From this, you can start to see what career field best suits your personal values and beliefs.

My five important values are:

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

