

Values Assessment

Rate each value using the scale below. Consider what the words mean to you; don't worry about formal definitions. Think about whether each value feels important to **you**. Make your decisions quickly, and be discriminating in your choice of what is "very important."

Rating Scale

1 = Very important 2 = Somewhat important 3 = Importance varies 4 = Little or no importance

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|------------------|-------------------|-------------------|-------------------|
| ___ Acquiring | ___ Effectiveness | ___ Individuality | ___ Structure |
| ___ Autonomy | ___ Excellence | ___ Intimacy | ___ Success |
| ___ Beauty | ___ Excitement | ___ Knowledge | ___ Surroundings |
| ___ Belonging | ___ Exploring | ___ Leading | ___ Time Freedom |
| ___ Challenge | ___ Fairness | ___ Mastery | ___ Tranquility |
| ___ Commitment | ___ Family | ___ Potential | ___ Trust |
| ___ Competition | ___ Friendship | ___ Power | ___ Understanding |
| ___ Contributing | ___ Gentleness | ___ Quiet | ___ Uniqueness |
| ___ Control | ___ Growth | ___ Risk | ___ Variety |
| ___ Cooperation | ___ Health | ___ Security | ___ Wealth |
| ___ Creativity | ___ Helping | ___ Sharing | ___ Well-being |
| ___ Curiosity | ___ Honesty | ___ Spirituality | ___ Winning |
| ___ Duty | ___ Humor | ___ Stability | ___ Wisdom |
| ___ Economy | ___ Independence | ___ Strength | |

Of the values that you rated as "very important," choose the 10 that are most important to you. Write them in the grid below, and then jot down a few words or phrases that explain what the words mean to you. In the column to the right, rank each value from 1 to 10 (with 1 being the highest). The ranking will provide you with a list of your important work values, which you can use to evaluate potential careers.

Values	Rank