

EXAMINING YOUR VALUES

An important factor that contributes to our job selection is our personal value system -- the things in life we find most important that ultimately influence and direct our lives.

Below is a list of values considered to be motivators for professional success. All of them may be important to you, but some will have more significance than others. (It's important to remember that our values actually change as changes occur in our lives and our careers.)

Read through the list of 13 values thoroughly. Then, select five values that you feel are not as important to you as the other eight on the list. Explain to the group why you were able to eliminate these five values.

- ___ **INDEPENDENCE:** The opportunity to do things on your own; to have freedom to do as you believe best.
- ___ **POWER:** Controlling the situation around you.
- ___ **LEADERSHIP:** Being able to influence others; having power.
- ___ **EXPERTNESS:** Being the best in some area.
- ___ **SELF-FULFILLMENT:** Having the opportunity to develop your capacities; to realize your potential.
- ___ **DUTY:** Doing what is expected of you.
- ___ **NURTURING:** Contributing to the welfare of others.
- ___ **FRIENDSHIP:** Being liked by others; having companionship.
- ___ **FAMILY:** Meeting the needs of family members.
- ___ **HEALTH:** Taking care of yourself.
- ___ **SECURITY:** Not having to worry about present or future income or welfare.
- ___ **PLEASURE:** Being happy and having fun.
- ___ **WEALTH:** Earning a great deal of money.

Now, read the list again and eliminate another five of the remaining eight values on the list. (This is not an easy exercise to do!) You will be left with three values which you should rate from one to three with #1 being the most important. Again, explain to the group which five you eliminated and why you kept the remaining three values.

Keep this list and review it from time to time to see how your values might change.