



Career Exploration Toolkit

2. Explore Your Values

Values represent what is important and necessary in your life and work to make it meaningful and enjoyable. Identifying your values can offer a solid foundation for how you evaluate career options that fit with your values, skills, and interests. Reflect on why this value is important to you. If applicable, you can also reflect on how a value will relate to a future career.

Review the sample list of values below and add any values you feel are missing.

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|---------------|-------------|--------------|----------------|----------------|
| Acceptance | Accuracy | Achievement | Adventure | Authority |
| Caring | Challenge | Change | Comfort | Commitment |
| Compassion | Competition | Contribution | Cooperation | Creativity |
| Dependability | Diversity | Excitement | Fame | Family |
| Kindness | Knowledge | Faith | Flexibility | Friendship |
| Genuineness | Gratitude | Growth | Health | Honesty |
| Humility | Humor | Independence | Innovation | Justice |
| Rationality | Respect | Mentorship | Mindfulness | Non-Conformity |
| Order | Passion | Patience | Power | Purpose |
| Wealth | Realism | Respect | Responsibility | Results |
| Risk | Security | Service | Tradition | Trust |

TOP 10 VALUES	WHY IS THIS AN IMPORTANT VALUE TO ME? How would this value affect my career?
<i>Example: Compassion</i>	<i>I am seeking an organization that values its workforce. Also, I want a position that allows me to work directly with others in need.</i>
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