



Thinking About Your Values

It is important for graduate students to keep in mind what they want and desire in their professional and personal life. By using our form below, you can start to think about the lifestyle you desire and how you can consider your personal goals in conjunction with pursuing a fulfilling career.

**This information and table have been adapted from UCLA's Career Preparation Toolkit (2016-2018)*

Directions:

In the table below, place the items from the list of Work Values in accordance of how important they are to you. If there are other values that are important to you but aren't listed feel free to put those in rather than our suggestions. After you're done, rank them in our top ten list on the second page and do some self-reflection.

Highly Important	Moderately Important	Not Important

Work Values

Achievement
 Advancement
 Adventure
 Aesthetics
 Predictability
 Competition
 Early Entry
 Altruism
 Creativity
 Fairness
 Family-Oriented
 Health
 High Income

Home and leisure life
 Independence
 Interesting Work
 Intellectual Rigor
 Friendships at work
 Exhibition
 Lifestyle
 Location of Work
 Ease of Transportation to Work
 Mechanical and physical activity
 Moral and religious concerns

Outdoor Work
 People Contact
 Recognition
 Security
 Status/prestige
 Solitary
 Teamwork/Collaboration
 Variety
 Work Environment
 Other (otherwise not listed here)

Top Ten Work Values

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Guided Self-Reflection

After you've finished your top ten work values ask yourself,

1. What kind of activities bring you joy? How do those activities match up with what you've identified as your key values?
2. Do you have other factors such as needing to consider your partner's career and goals, schools for children, or location, among other factors, that influence your career choices?
3. Based on our values inventory, your own personal situation, and what brings you joy and satisfaction, what are some possible careers or roles that could fulfill your wants and needs?
4. How prepared are you to find a job or role in your desired areas? What steps can you take to work towards fulfilling your career goals?