**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.

<table>
<thead>
<tr>
<th>Highly Important</th>
<th>Moderately Important</th>
<th>Not Important</th>
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**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?