

1: All about you

Activity 1: My Values

When thinking about possible career paths, it can be a good idea to identify what your values are. What you value can help determine which type of career is best for you. For example, if working with or helping people in the community is important to you, you might want a career in health or care.

Take a look at the list below and choose the answer relevant to you for each value:

1 = Not important 2 = Not very important 3 = Important 4 = Very important

Be honest, there are no right or wrong answers!

Once completed, answer the questions that follow.

Value	1	2	3	4
Courage - Being able to take on challenges (You have the ability to do something that is difficult or scary for you, even if it means facing uncertainty or taking you out of your comfort zone)				
Physical activity - Doing something that is physically active (Being physically active in your day to day life is important to you)				
Compassion - Working with or helping people in the community (You have the ability to understand and be sensitive to an individual's health and social needs)				
Achievement - Having a secure job and reasonable standard of living (You have the determination and enthusiasm to work hard, persevere and do well)				
Leadership - Having responsibility for the work of other people (You are happy to lead a group of people or organisation by communicating a clear vision and purpose)				
Ambition - Having opportunities for promotion and advancement (You have a strong determination to reach and achieve your goals)				
Teamwork - Working in a team or group (You enjoy working with others to complete a task or reach a common goal)				
Empathy - Happy to help others with a problem or to resolve an issue (You have the ability to understand and share the feelings of another)				
Efficiency - Being under pressure to meet deadlines or targets (You are able to accept what is required of you and complete the task to the best of your ability)				
Knowledge - Using specialist knowledge or expertise to complete a task or to make improvements (You enjoy learning and using specialist knowledge to complete tasks)				

Value	1	2	3	4
Responsibility - Being able to take on challenges (You take responsibility for managing your own workload with the time available to complete tasks to the best of your ability)				
Making a difference - Making the world a better place (You like to achieve something that has a positive impact and will last in the future)				
Competitive - Competing with other people to meet targets (You like to perform to the best of your ability and have a strong desire to compete with others)				
Accountability - Being able to take responsibility for your decisions (You are able to own your mistakes and learn from the experience)				
Influencing - Influencing other peoples ideas or opinions (You have the ability to persuade others to agree with your decisions or way of thinking without using force and still respecting their views)				
Diligence - Doing work that requires accuracy and attention to detail (You show hard work, patience and determination to get your work done to a high standard)				
Recognition - Being recognised for the quality of my work (You like your work to be recognised and acknowledged)				
Friendship - Being able to make friends at work (You value having the support and trust of your colleagues)				
Creativity - Being creative (You enjoy finding ways to express yourself through new ideas and experimenting)				
Wealth - Having a high income and standard of living (You want to earn enough to have a good standard of living)				
Innovation - Coming up with new ideas or products (You are good at introducing new ideas and implementing them)				
Adaptable - Having to be adaptable and think on my feet (You are flexible and open minded in your working environment and can adapt to change with minimal stress)				
Structure - Knowing exactly what I have to do and how to do it (You like to know what your daily tasks will be so you can plan your day accordingly)				
Patience - Being able to help or advise people (You are able to remain calm in stressful situations and are tolerant of others)				
Variety - Doing different things everyday (You don't enjoy doing the same thing everyday and like to have a variety of different tasks so you don't get bored)				

Now answer the questions on the next page.

Questions

Which three values are most important to you?

Which three values are least important to you?

How might this influence your career ideas?