

Discover your options

Careers, Internships & Employment

Your Values and Work

What do you need and want from work? Consider the list of values below. Place a tick in the column that best reflects the level of importance that value has to you. Please note the bullet pointed words underneath the value listed are there to help stimulate your thinking and generate an interpretation of the value. You can ignore, delete or add any bullet pointed words if that better expresses what that value means for you. If there are any other values here not listed, please feel free to include them. Once you've done that, consider what your top 10 values are and rank them in order of importance.

What are my Core Values?

Activeness

- Agility
- Physical activity
- Adroitness

Not Essential Desirable Essential

Adventure

- Exploration
- Discovery
- Excitement
- Exhilaration

Not Essential Desirable Essential

Achievement

- Accomplishment
- Excellence
- Being the best I can be
- Effectiveness
- Impact

Not Essential Desirable Essential

Advancement

- Progress
- Measurable steps to a defined goal

Not Essential Desirable Essential

Association

- Part of a large or small organisation
- Sense of connection to the vision, mission & values of the organisation

Not Essential Desirable Essential

Belonging

- Part of a team
- Acceptance
- Camaraderie
- Friendliness

Not Essential Desirable Essential

Contribution

- Making a Difference
- Citizenship
- Social Responsibility

Not Essential Desirable Essential

Creativity

- Originality
- Imagination
- Ingenuity

Not Essential Desirable Essential

Environment

- Awareness and consideration of my actions on the environment

Not Essential Desirable Essential

Expertise

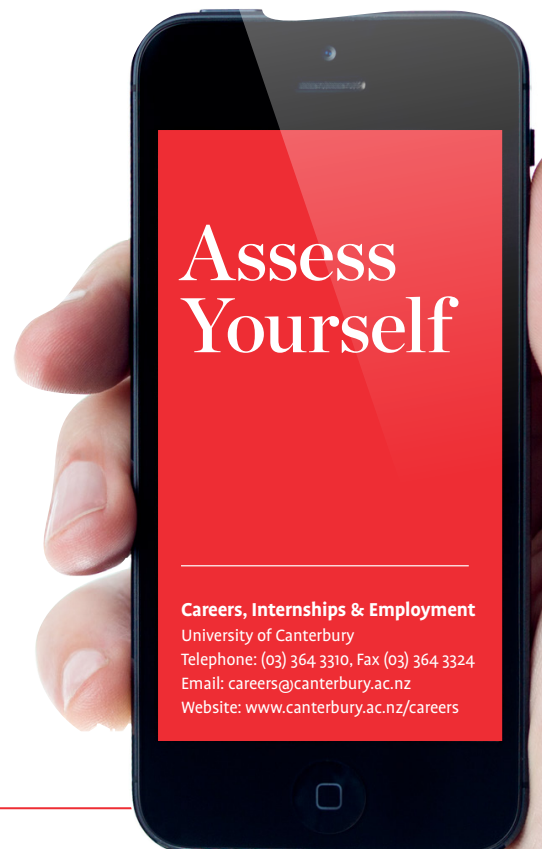
- Specialist knowledge
- Using my skills, knowledge & experience

Not Essential Desirable Essential

Freedom

- Freedom of speech
- Choices

Not Essential Desirable Essential



Fun

- Humour
- Joy
- Entertaining

Not Essential Desirable Essential

Helping Others

- Service
- Guidance
- Compassion
- Empathy

Not Essential Desirable Essential

Integrity

- Honesty
- Credibility
- Authenticity

Not Essential Desirable Essential

Independence

- Make own decisions & choices
- Open-mindedness
- Self-reliance

Not Essential Desirable Essential

Justice

- Equality
- Advocacy
- Fairness

Not Essential Desirable Essential

Leadership

- Inspiring people
- Making things happen
- Seeing the big picture

Not Essential Desirable Essential

Location

- NZ and/or internationally based
- Small or large city
- Being geographically close to extended family and friends

Not Essential Desirable Essential

Learning Development

- Continued learning
- Curiosity

Not Essential Desirable Essential

Organisation

- Order
- Professionalism
- Punctuality

Not Essential Desirable Essential

Recognition

- Appreciation
- Acknowledgement

Not Essential Desirable Essential

Security

- Stability
- Certainty
- Employability assured

Not Essential Desirable Essential

Spiritual

- Faith
- Purpose
- Morality

Not Essential Desirable Essential

Status

- Respect from self and others
- Recognition from others

Not Essential Desirable Essential

Wealth

- Material comfort
- Affluence
- Choices
- Financial independence

Not Essential Desirable Essential

Work Life Balance

- Time for family and friends
- Able to pursue interests

Not Essential Desirable Essential

Variety

- Difference
- Challenge

Not Essential Desirable Essential

My top 10 values in order of importance are:

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

Questions to consider:

What do these values mean in regard to my career choices today, as well as in the future?

What else do I need to explore alongside my values to determine my career pathway?

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