

Values Exercise 1

This is the first of three exercises is those who choose self-evaluation & introspection, rather than the Scientifically Validated Assessment.

Taking the time to ask ourselves important questions regarding what we value and rating those values to establish our priorities is very important.

We use this to raise our own consciousness in making choices that serve our needs.

We use this also to compare and evaluate job offers in ascertaining how the offer “stacks up” against what we want in our lives.

This is essential for our own happiness and success in our career (and in life!) What is important to you? What do you need to have for your needs to be met?

Identify your ten most important personal & professionally related values (e.g. time with family, high salary, position, quality of life, free time, etc.), starting with the most important. Write them down in rank order and circle those items that will be affected by your career decision (positively & negatively):

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____
