



Values motivate us; they're how we find meaning in our work and why we strive to do a good job. Once you have a list of what drives you, these motivators/values can anchor you in your search for a meaningful career.

PROMPT: *What values are most important to you? What motivates you most in a job?*



## STEP ONE

Review the following list of values, and then select any that are important to you. Reflect, and distill your top six (or so . . .) at the bottom. Don't get too caught up here on defining each word -- you'll get to do that next!

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> <b>Authenticity</b>         | <input type="checkbox"/> <b>Fame</b>                   | <input type="checkbox"/> <b>Openness</b>        |
| <input type="checkbox"/> <b>Achievement</b>          | <input type="checkbox"/> <b>Family</b>                 | <input type="checkbox"/> <b>Optimism</b>        |
| <input type="checkbox"/> <b>Adventure</b>            | <input type="checkbox"/> <b>Financial Security</b>     | <input type="checkbox"/> <b>Peace</b>           |
| <input type="checkbox"/> <b>Authority</b>            | <input type="checkbox"/> <b>Freedom</b>                | <input type="checkbox"/> <b>Play</b>            |
| <input type="checkbox"/> <b>Autonomy</b>             | <input type="checkbox"/> <b>Friendships</b>            | <input type="checkbox"/> <b>Pleasure</b>        |
| <input type="checkbox"/> <b>Balance</b>              | <input type="checkbox"/> <b>Fun</b>                    | <input type="checkbox"/> <b>Poise</b>           |
| <input type="checkbox"/> <b>Beauty</b>               | <input type="checkbox"/> <b>Growth</b>                 | <input type="checkbox"/> <b>Popularity</b>      |
| <input type="checkbox"/> <b>Boldness</b>             | <input type="checkbox"/> <b>Happiness</b>              | <input type="checkbox"/> <b>Recognition</b>     |
| <input type="checkbox"/> <b>Compassion</b>           | <input type="checkbox"/> <b>Honesty</b>                | <input type="checkbox"/> <b>Religion</b>        |
| <input type="checkbox"/> <b>Challenge</b>            | <input type="checkbox"/> <b>Humor</b>                  | <input type="checkbox"/> <b>Reputation</b>      |
| <input type="checkbox"/> <b>Citizenship</b>          | <input type="checkbox"/> <b>Influence</b>              | <input type="checkbox"/> <b>Respect</b>         |
| <input type="checkbox"/> <b>Community (External)</b> | <input type="checkbox"/> <b>Innovation</b>             | <input type="checkbox"/> <b>Responsibility</b>  |
| <input type="checkbox"/> <b>Community (Internal)</b> | <input type="checkbox"/> <b>Inner Harmony</b>          | <input type="checkbox"/> <b>Security</b>        |
| <input type="checkbox"/> <b>Competency</b>           | <input type="checkbox"/> <b>Integrity</b>              | <input type="checkbox"/> <b>Self-Respect</b>    |
| <input type="checkbox"/> <b>Connection</b>           | <input type="checkbox"/> <b>Intellectual Challenge</b> | <input type="checkbox"/> <b>Service</b>         |
| <input type="checkbox"/> <b>Contribution</b>         | <input type="checkbox"/> <b>Justice</b>                | <input type="checkbox"/> <b>Social Justice</b>  |
| <input type="checkbox"/> <b>Creativity</b>           | <input type="checkbox"/> <b>Kindness</b>               | <input type="checkbox"/> <b>Spirituality</b>    |
| <input type="checkbox"/> <b>Curiosity</b>            | <input type="checkbox"/> <b>Knowledge</b>              | <input type="checkbox"/> <b>Stability</b>       |
| <input type="checkbox"/> <b>Determination</b>        | <input type="checkbox"/> <b>Leadership</b>             | <input type="checkbox"/> <b>Success</b>         |
| <input type="checkbox"/> <b>Diversity</b>            | <input type="checkbox"/> <b>Learning</b>               | <input type="checkbox"/> <b>Status</b>          |
| <input type="checkbox"/> <b>Fairness</b>             | <input type="checkbox"/> <b>Love</b>                   | <input type="checkbox"/> <b>Teamwork</b>        |
| <input type="checkbox"/> <b>Faith</b>                | <input type="checkbox"/> <b>Loyalty</b>                | <input type="checkbox"/> <b>Trustworthiness</b> |
|  |  | <input type="checkbox"/> <b>Wealth</b>          |
|  |  | <input type="checkbox"/> <b>Wisdom</b>          |
|  |  | <input type="checkbox"/> <b>Other:</b> _____    |

## 2

Define what each value means to you, and briefly describe how these values have shown up (or not shown up) for you in past positions.

### STEP TWO

Top Value	How do you define this value?	How has this value shown up (or not) in past positions?