

# Job Transition Values Exercise

As you contemplate your future in terms of job and career, you may want to consider how your values affect your decision-making—from which jobs to apply for to whether you should go back to school to prepare for a career change.

Values are the things a person considers most important. The way you use your time and money shows what you value.

Your values also help drive your goals. If you value independence, you may choose to consider starting a small business. If service is a top value, perhaps you want to explore working for a non-profit organization.

## Identifying your values

This simple exercise can help you identify your values. It involves thinking about yourself and how you live your life. These questions can help you get started:

- How do you spend your time?
- What motivates you?
- How would others describe you?

Look over the list of values below and circle the 10 that resonate most with you and reflect how you actually live your life. Or, add your own values to the list. Then, select the three of the 10 that you consider the most important. (Print this page and circle your values if you wish.)

Achievement	Fun	Respect
Adventure	Generosity	Responsibility
Affection	Health	Risk-taking
Challenge	Helping others	Service
Community	Honesty	Spirituality
Competition	Independence	Structure
Cooperation	Integrity	Teamwork
Creativity	Justice	Tradition
Excitement	Learning	Trust
Faith	Love	Variety
Fame	Loyalty	_____
Family	Nature	_____
Financial rewards	Order	_____
Freedom	Pleasure	_____
Friendship	Recognition	_____

## Ask yourself these questions:

Why are your top three values important to you?

How are these values reflected in how you use your time, talents and resources?

How could you be more intentional about living out your values?