# Work values

Derived from Brian Hopson and Mike Scally, *Build Your Own Rainbow: A Workbook for Career and Life Management* (2009).

Mark those that are the most important and least important to you. Then look at those most important and pick the top three.

### **Geographical location/base**

It is important that you work in the right part of the country for you.

### **Amount of travel**

You care about how much travel you are expected to do

### **Work-life balance**

It’s important to have time and energy to devote to activities outside work

### **Predictable routine**

You like to know roughly where and what you will be doing

### **Job security**

You like have stable employment rather than cope with the uncertainty of freelancing or short term contracts

### **Variety**

You enjoy having lots of different things to do.

### **Competition**

You enjoy competing against other people or groups.

### **Independence**

You like being able to work in the way you want, without others telling you what to do.

### **Friendship with colleagues**

You would or do like close friendships with people at work.

### **Fast pace**

You enjoy working rapidly at a high pace.

### **Status**

You enjoy being in a position which leads others to respect you.

### **Making decisions**

It is important to you to have to make decisions about how things should be done, who should do them, and when they should be done.

### **Creativity**

Thinking up new ideas and ways of doing things is important to you.

### **Risk**

You like to take risks.

### **Excitement**

It is important to you to have a lot of excitement in your work.

### **Money**

Earning a large amount of money is important to you.

### **Helping others**

It is important to you to help other people either individually or in groups, as part of your work.

### **A well-known organisation**

You like being part of a well-known organisation.

### **Promotion**

You like to work where there is a good chance of promotion.

### **Challenge**

You enjoy being ‘stretched’ and given new problems to work on.

### **Pressure**

You like working to deadlines.

### **Community**

You like to live in a place where you can get involved in the community.

### **Work with others**

You like to work in a team alongside others.

### **Physical challenge**

You enjoy doing something that is physically demanding.

### **Work alone**

You like to work on your own.

### **Artistic**

You enjoy work involving drawing, designing, making music, making models, etc.

### **Communication**

You enjoy being able to express ideas well in writing or in speech.

### **Recognition**

You do like people to appreciate you for the work you do.

### **Contact with people**

You enjoy having a lot of contact with people.

### **Precise work**

You like working at things which involve great care and concentration.

### **Help society**

You like to think that your work is producing something worthwhile for your society.

### **Supervision**

You enjoy being responsible for work done by others.

### **Persuading people**

You enjoy persuading people to do something or change their minds about something.

### **Learning**

It is important for you to learn new things.

### **Being expert**

You like being known as someone with special knowledge or skills.