

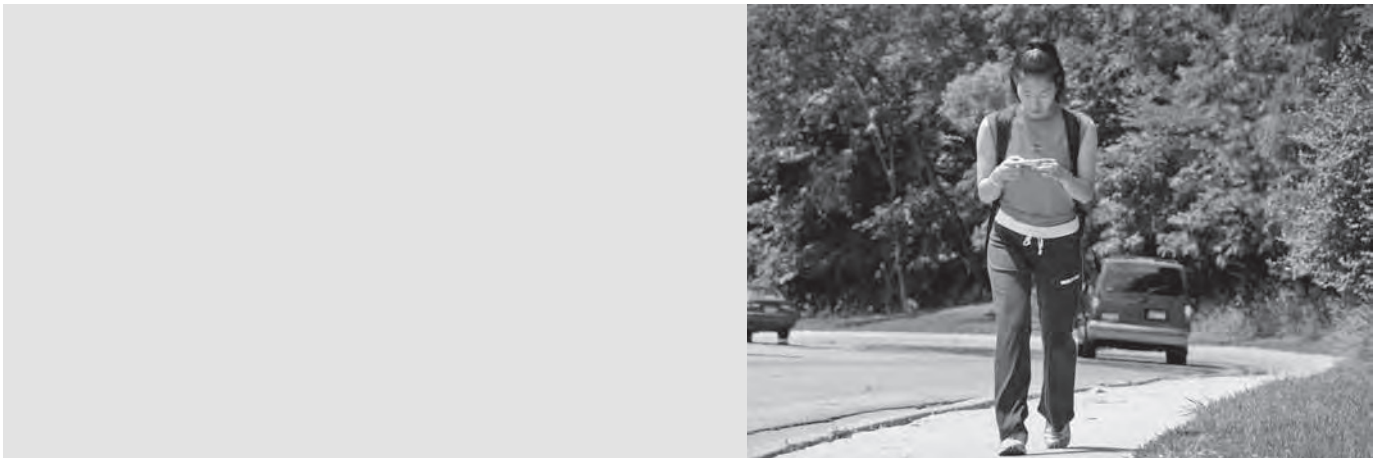
Values

Let's start looking at your values. Values are the things that are most important and meaningful to you. They are an important part of the career decision making process. Your life is given meaning from your values, and consequently the sense of meaning you obtain from your work is directly related to your values.

Values have some very important attributes. Ask yourself these questions about your values.

1. Do I prize and cherish this value?
2. Would I publicly affirm this value?
3. Have I chosen this value after considering other alternatives?
4. Have I accepted the consequences of expressing this value?
5. Have I chosen this value freely?
6. Have I acted on this value?
7. Have I acted consistently or repeatedly regarding this value?

As you can tell from the seven attributes of values above, your values are the things that help you to determine how you live your life and relate strongly to major and career choices. The next few exercises will help you to get in touch with your values and decide how your values relate to your career choices.



TEN THINGS I LIKE TO DO

Quickly list ten things you **really** like to do. Be as spontaneous as possible in making this list.

Activity	A/P	\$	R	I	PL	T	*	Date	Value
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									

In the box below are explanations of the headings on your activity list and instructions on how to use them. Follow the instructions for each coding and complete each before proceeding to the next. The purpose of these codes is to help you discover what you value in those things you enjoy doing.

A/P - Place an A after each activity you prefer to do alone. Place a P after each activity you prefer to do with people.

\$ - Place a \$ after each activity which costs over \$5 each time you do it.

R - Place an R after each activity you see as containing an emotional, intellectual, or physical risk for yourself.

I - Place an I after each activity you usually initiate.

PL - Place a PL after each activity which requires planning prior to doing it.

T - Place a T after each activity which you would enjoy with more training.

* - Star the five activities you would least like to give up.

Date - Place the approximate date you last engaged in each activity.

Value - Indicate in one or two words what you like (value) in the activity.

Incomplete Value Sentences: Complete each of the following:

1. The greatest joy in my life is...
2. The biggest decision I ever made was...
3. My constant worry is...
4. As a child I dreamed of ...
5. The thing I love most about life is...
6. What I would like to change in my life is...
7. The three things in the world I would change are...
8. I hope some day to...
9. I spend most of my time...
10. The greatest sorrow of my life is...
11. I would prefer to be...
12. A friend is someone who...
13. If in the future I were physically disabled I would...
14. My favorite kind of person is...
15. Money is the most...
16. What I would like to do most is...
17. To me, kids are...
18. The work I do is...
19. The people I work with are...
20. If I were the boss I would...
21. When I retire I am...
22. My favorite place in the world is...
23. The person who influenced me the most taught me to...
24. I daydream the most about...
25. I want to die when I am...
26. The one quality I would most like to develop is...

What are your life values? Rank the following values in the order of their importance to you. There are 20 values listed. If you feel like you have values that are not listed, add them to the list using the blank lines. You may want to use a pencil so you can change your answers later.

- _____ Family
- _____ Prestige
- _____ Independence
- _____ Spirituality
- _____ Meaningful work
- _____ Helping others
- _____ Physical health
- _____ Leisure
- _____ Financial security
- _____ Financial wealth
- _____ Creativity
- _____ Love
- _____ Physical beauty
- _____ Success in my chosen occupation
- _____ Lifelong learning
- _____ Adventure
- _____ Beautiful surroundings
- _____ Honesty
- _____ Friendships and social involvement
- _____ Happiness
- _____ _____
- _____ _____
- _____ _____
- _____ _____

Now write just your top ten values in order on the lines below

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

How would you feel if you could just focus your time, energy, and resources on these top ten values for the rest of your life? Would you feel like there was something missing, or would these ten values cover what is most important to you?

Now take a piece of paper and cover up the last five values on your list (6-10). How would you feel if you could just focus your time, energy, and resources on these five values for the rest of your life?

Now take the same piece of paper and cover up all but values 1-3 on your list. How would you feel if you could just focus your time, energy, and resources on these 3 values for the rest of your life?

After thinking about your top values, feel free to change any of the values on your list until you feel it is an accurate representation of your values.

Look back at the work you've done on the values exercises. What themes keep recurring?

How will your values affect your choice of major and career?

Exercise adapted from one developed by Dr. Anne Blackhurst, Counseling and Student Personnel, Minnesota State University, Mankato