

Work and Lifestyle Values

The following lists include work and lifestyle values that typically influence the work we like to do. Read each value and place a check in the box that best describes the level of importance of that value for you. Skip a value if it doesn't apply. Next, review the list carefully and select the 10 work and lifestyle values that are the most important. Write them in order of preference in the numbered spaces provided at the end.

WORK VALUES

WORK TASKS	Very Important	Quite Important	Somewhat Important	Not Important
Produce a product I can see at the end of the day				
Work on a project that takes a long time to complete				
Complete tasks by the end of the day				
Perform different tasks every day				
Perform similar tasks routinely				
Engage in adventuresome/risky tasks				
Work with hands or hand tools				
Work with numbers				
Help people who have needs				
Influence the opinions or decisions of others				
Engage in physical tasks				
Engage in intellectually stimulating tasks				
Engage in creative tasks				
Engage in research				

WORK SETTING	Very Important	Quite Important	Somewhat Important	Not Important
Indoors, in my own office				
Indoors, in a large office with many colleagues				
Indoors, other than an office				
Outdoors				
Combination of indoors and outdoors				
Work in an urban/suburban setting				
Work in a rural setting				
Home-based work setting				

WORK HOURS	Very Important	Quite Important	Somewhat Important	Not Important
Regular shift of 8 hours per day with no overtime or work to take home				
Irregular length day, sometimes working overtime or taking work home				

PRESSURE	Very Important	Quite Important	Somewhat Important	Not Important
Little or no pressure				
Fast-paced environment				
Competitive environment				
Pressure due to responsibility for physical/emotional well-being of others				

TRAVEL	Very Important	Quite Important	Somewhat Important	Not Important
Little or no travel required				
Significant local travel required				
Significant long-distance travel required				

INTERPERSONAL ASPECTS	Very Important	Quite Important	Somewhat Important	Not Important
Work independently with no supervision (own boss)				
Work independently with some supervision				
Work with one or more colleagues as a team				
Plan work for and supervise others				
Be supervised by a good supervisor/boss				
Work with supportive co-workers				
Meet new people regularly				
Do not have to meet new people often				

PAY, BENEFITS, REWARDS	Very Important	Quite Important	Somewhat Important	Not Important
Good benefits package				
Work for a high base salary				
Work on a commission basis				
Job security				
Starting salary upon graduation over \$35,000				
Opportunity to obtain large salary increases				
Receive immediate public attention for accomplishments				
Social prestige/respect/recognition				

PROFESSIONAL DEVELOPMENT	Very Important	Quite Important	Somewhat Important	Not Important
Opportunity to advance within the same organization				
Opportunity to advance by changing organizations				
Opportunity to participate in professional organizations				

EDUCATION	Very Important	Quite Important	Somewhat Important	Not Important
No more than bachelors degree required				
Graduate study/degree required				
Opportunity to obtain additional education/training				

LIFESTYLE VALUES

LIFESTYLE VALUES	Very Important	Quite Important	Somewhat Important	Not Important
Live in a rural setting				
Live close to work				
Be able to walk to work				
Own your own home				
Live in a moderate climate				
Be active in your community				

LIFESTYLE VALUES (continued)	Very Important	Quite Important	Somewhat Important	Not Important
Live in a suburban setting				
Live in an apartment				
Live close to cultural and entertainment opportunities				
Live in a city				
Travel frequently				
Live in a warm climate				
Live where children can walk to school				
Live where your spouse can have a good job				
Go out to eat often				
Live near relatives				
Live where the weather changes from season to season				
Live in a constant climate				
Have time to pursue you interests				
Have friends near by				
Have a garden				
Have a house and yard to work on				
Live near a college				
Have a second home				
Live near the water				
Live close to stores/shopping				
Live in a wooded setting				
Be involved with sports of your choice				
Participate in family-oriented activities				
Live where you don't have to spend time with neighbors				
Have time for yourself				
Spend time with your neighbors				
Work on projects around your house				
Do volunteer work				
Be active in church work				
Do things often with friends				
Go to movies, plays, and concerts often				
Do things alone or with your spouse				
Have a big house				
Live in a stable neighborhood				
Spend time doing arts and crafts				
Go places on weekends				
Stay at home on weekends				
Be very involved in social activities				

PRIORITIZE YOUR VALUES

Select 10 work and lifestyle values from your lists that are essential and prioritize them below.

Work Values
(in priority order)

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

Lifestyle Values
(in priority order)

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