

WORK VALUES

Rate the level of importance of each of these work values from 1 (Least Important) to 5 (Most Important)

WORK TASKS	1 Least	2	3	4	5 Most
Make a product I can see at the end of the day					
Work on a project that requires long-term effort					
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					
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 AND PACE					
A regular shift of 8 hours per day/set schedule					
Varying schedule/set my own hours					
Not having to work in evenings or weekends					
Little or no pressure					
Fast-paced environment/pressure due to time deadlines					
Competitive environment					

Rate the level of importance each of these work values from 1 (Least Important) to 5 (Most Important)

TRAVEL	1 Least	2	3	4	5 Most
Little or no travel required					
Significant local travel is required					
Significant long-distance travel is required					
INTERPERSONAL ASPECTS					
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 supervisor/boss who I like					
Work with supportive co-workers					
Meet new people regularly					
Do not have to meet new people often					
Do not have to work with the "public" on a daily basis					
PAY, BENEFITS, REWARDS					
Good benefits package					
Work for a high base salary					
Work on a commission basis					
Job security					
Starting salary upon graduation over \$40,000					
Opportunity to obtain large salary increases					
Receive immediate public attention for accomplishments					
Social prestige/respect associated with job title					
PROFESSIONAL DEVELOPMENT					
Opportunity to advance within the same organization					
Opportunity to advance by changing organizations					
Opportunity to participate in professional associations and training					
EDUCATION					
Degree(s) can be obtained at UT, Knoxville					
No more than bachelors degree required					
No more than masters degree required					

LIFESTYLE VALUES*

Rate the level of importance each of these values from 1 (Least Important) to 5 (Most Important)

LIFESTYLE VALUES	1 Least	2	3	4	5 Most
Live in a rural setting					
Live in a suburban setting					
Live in a city					
Live close to work					
Be able to walk to work					
Own your own home					
Have a big house					
Live in a moderate climate					
Live where the weather changes from season to season					
Live in a constant climate					
Live in a warm climate					
Have opportunities to get involved in your community					
Live close to cultural and entertainment opportunities					
Live near the water					
Live close to stores					
Live in a wooded setting					
Live in a community where there are good schools					
Live where your spouse can have a good job					
Live near relatives					
Have friends near by					
Travel frequently					
Have time to pursue your interests					
Have a garden					
Have a house and yard to work on					
Drive an expensive car					
Live near a college					
Have a second home					
Live in a stable neighborhood					
Buy designer clothes and accessories					
Have one or more pets					
Be involved with sports of your choice					
Participate in family-oriented activities					
Live where you don't have to spend time with neighbors					
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					
Spend time doing arts or crafts					
Go places on weekends					
Stay at home on weekends					
Be very involved in social activities					

* Adapted from Fred Hecklinger & Bernadette Curtin, Training for Life. pp 38-39.

Select 5 to 10 work and lifestyle values that are essential and write them below:

YOUR PRIORITIZED VALUES

Work Values
(In priority order)

Lifestyle Values
(In priority order)

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

Compare your work values and lifestyle values to identify conflicts and compatibility. For example, do you want to earn a high salary but also have a lot of time for leisure pursuits? (Sometimes these can be at odds).

Are there values that are not listed above that should be included?