

Career Values Exercise (1)

To find out what your values are in relation to your career, ask yourself the following question.

‘What’s important to me about my career?’

Whatever answers you come up with, note them all down. Do it without judging or evaluating. There’s no right and wrong here, they are **your** values,

Keep asking yourself the question until you have a list of at least 8 values, and no more than 15. Typically a value will be a single word or a 2 or 3 word phrase.

Do this fairly quickly. Don’t spend too much time thinking about each value, just write them down.

Once you have a list of 8-15 values, put them in order of importance, where 1 is the most important.

One way to do this is to ask yourself ‘if I had a career which only offered me ONE of these, which value would it be?’ Then, ‘given I have that one, and I could only have one more, what would that be?’ And so on, until you have got them all in order.

As you work through the exercise you may find more values pop up. If they do, double check where they fit in your order of importance.

Your top 8 or 9 values are likely to be the ones that motivate you most.

Module 9 builds on this exercise. To kick-start your thinking, you can find an example list of values in the back of this guide, as well as a worked example.

If you would like to do more work on your values, including how to change values you no longer want, please email drjane@thecareersuccessdoctor.com