

Exercise 1: Work Values

Your work values show you what is important to you both in life and in your future career. To be aware of your own work values will help you when you plan your career. You should pay attention to them when you look for a job. If you can fulfill your work values, you will feel more comfortable and probably also be more successful in your career.

a) Mark those work values that are important to you, add if something is missing.

Appreciation	Helping others	Not stressful
Competitive	Independence	Predictable
Congenial co-workers	Intellectual challenge	Reflective
Contribution to society	International cooperation	Status/Prestige
Creativity	Job Security	Successful
Developing	Leadership	Teamwork
Entrepreneurial	Learning	Travelling
Equality	Leisure time	Variety
Financial reward	Life balance	Visionary
Health	Meaningful	Work abroad

Continues 

b) Rank your five most important work values. Explain why they are important to you.

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Continues ➡

c) Work values that you DO NOT want:

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