

# Personal Values Worksheet

**Directions:** Review the values listed below and rank the importance of each as it relates to your career and job goals. (H = high, M = medium, L = low)

Value	Ranking (H, M, or L)
1. Adventure (risk taking, new challenges)	_____
2. Education/Learning/Wisdom	_____
3. Social needs (need for relationships with people)	_____
4. Self-Respect/Integrity/Self-Discipline	_____
5. Helping/Serving	_____
6. Recognition/Respect from others	_____
7. Freedom/Independence (working with minimal supervision)	_____
8. Security (job, family, national, financial)	_____
9. Spiritual needs	_____
10. Expression through creativity	_____
11. Responsibility (reliability, dependability)	_____
12. Balance in work and personal life	_____
13. Others (List other values below and rank each one.)	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____