

ACTION - Determine your values.

Values - the ideals you cherish. They give meaning to your life and work. They are ideals upon which you make important decisions - at work, at home and in interrelationships. Knowing your values makes it easier to identify career choices and adds a strong personal foundation to all your career planning activities.

Consider the examples listed. Check the ones which are most important to you.

Examples of Values

- | | |
|--|---|
| <input type="checkbox"/> Career Advancement | <input type="checkbox"/> Career Challenge |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Job Flexibility |
| <input type="checkbox"/> Autonomy | <input type="checkbox"/> Decision making |
| <input type="checkbox"/> Colleagues | <input type="checkbox"/> Commute |
| <input type="checkbox"/> Job Recognition | <input type="checkbox"/> Job Security/Stability |
| <input type="checkbox"/> Travel | <input type="checkbox"/> Salary |
| <input type="checkbox"/> Work Hours | <input type="checkbox"/> Community Service |
| <input type="checkbox"/> Family | <input type="checkbox"/> Religious Beliefs |
| <input type="checkbox"/> Job Location | <input type="checkbox"/> Personal Time/Hobbies |
| <input type="checkbox"/> Independence | <input type="checkbox"/> Intellectual Stimulation |
| <input type="checkbox"/> Freedom to Make Decisions | <input type="checkbox"/> Physical Exercise |
| <input type="checkbox"/> Team Work | <input type="checkbox"/> Other |

Think about the following questions relative to your values:

- Do my values match my dream job?*
- Do my values match my current job?*
- What could I do to add them to my present job?*
- Should they be included in a discussion with my supervisor?*

ACTION: Enrichment.

Look back at your key activities listed earlier. Review the activities that you most enjoy and consider the following:

- *What percentage of my time is devoted to them?*
- *How might I increase those percentages while enhancing performance?*
- *What would add a new sense of challenge and intellectual stimulation?*
- *How can I include those factors in my present job?*

- *Which of these enrichment possibilities would my supervisor be likely to consider?*