

Evaluate What is Important to You

STEP 1

Values are important because they guide our beliefs, attitudes, and behaviors. If you continuously compromise your values in your decision-making, the impact on you can be quite negative. You need to be able to recognize, understand, and stay true to your values. Understanding your values will also help you to choose a career path that supports and aligns with your values.

Moral Values: What is right or wrong; thoughts or codes by which to live.

Aesthetic Values: Values that reflect your feelings about what has beauty in nature and life. They reveal appreciation for the way things look, sound, feel, taste, and smell.

Material Values: Material values reflect the possessions we own; the things on which we spend our money.

Intrinsic Values: Intrinsic values are things or ideas that have value to us in their own right; the end and not the means.

Extrinsic Values: Some values are important because they help us gain other values or desired results.

Universal Values: Universal values are values on which all or most people agree, such as equality, justice, worldwide brotherhood, respect of self, and others.

Beliefs: Something that is accepted, considered to be true, or held as an opinion.

***Definitions sourced from: Utah Education Network, Merriam-Webster*

What is Important to You?

Select how important each of the following statements are to you.

Being an honest person

☐ Most Important ☐ Somewhat Important ☐ Least Important

Being known as a “real” person

☐ Most Important ☐ Somewhat Important ☐ Least Important

Enjoyment of nature and beauty

☐ Most Important ☐ Somewhat Important ☐ Least Important

Continuing to learn and gain knowledge

☐ Most Important ☐ Somewhat Important ☐ Least Important

A long and healthy life

☐ Most Important ☐ Somewhat Important ☐ Least Important

An equal opportunity for all people

☐ Most Important ☐ Somewhat Important ☐ Least Important

A financially comfortable life

☐ Most Important ☐ Somewhat Important ☐ Least Important

An enjoyable, leisurely life

☐ Most Important ☐ Somewhat Important ☐ Least Important

A chance to develop creativity/potential in any area

☐ Most Important ☐ Somewhat Important ☐ Least Important

To speak up for my personal beliefs

☐ Most Important ☐ Somewhat Important ☐ Least Important

To have political power

☐ Most Important ☐ Somewhat Important ☐ Least Important

Self-confidence and personal growth

☐ Most Important ☐ Somewhat Important ☐ Least Important

A life with meaning, purpose, fulfillment

☐ Most Important ☐ Somewhat Important ☐ Least Important

Some honest and close friends

☐ Most Important ☐ Somewhat Important ☐ Least Important

Satisfaction/success in the career of your choice

☐ Most Important ☐ Somewhat Important ☐ Least Important

Freedom to live life as you want

☐ Most Important ☐ Somewhat Important ☐ Least Important

Accomplishment of something worthwhile

☐ Most Important ☐ Somewhat Important ☐ Least Important

Getting things changed for the better

☐ Most Important ☐ Somewhat Important ☐ Least Important

Owning a possession of great value

☐ Most Important ☐ Somewhat Important ☐ Least Important

To have better feelings about myself

☐ Most Important ☐ Somewhat Important ☐ Least Important

STEP 2

After you have ranked each statement, take the Values Quiz (below) and connect it to what is important to you (above). Do your results from the Values Quiz seem to match with how you ranked the statements?

[Take the Values Quiz](#)

Reflect

What do these two activities tell you about your personal values? Why could it be important in the workplace to understand and respect your values AND the values of others?
