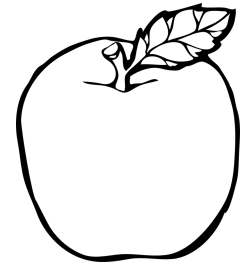


Identifying Your Values - Planning 10



Name: _____

Date: _____

The purpose of this activity is to help you identify and rate the importance of your values so that you can select a career goal that matches with your values.

Below are one hundred statements that deal with ten specific values. Read each statement carefully and rate the statement as it applies to you.

- If the statement is **definitely true**, circle 10
- If the statement is **mostly true**, circle 7
- If you are **undecided**, circle 5
- If the statement is **mostly false**, circle 3
- If the statement is **definitely false**, circle 0

Values Statements:

1. I have a physical checkup every year	10 7 5 3 0
2. I will take my own children to religious services regularly	10 7 5 3 0
3. I enjoy attending musicals and concerts	10 7 5 3 0
4. It is important to me to have a lot of friends	10 7 5 3 0
5. I donate to charities that I feel are worthwhile	10 7 5 3 0
6. I envy the way that celebrities are recognized wherever they go	10 7 5 3 0
7. I would like to have enough money to retire at 50	10 7 5 3 0
8. I would rather spend an evening at home with my family than out with friends	10 7 5 3 0
9. I enjoy making decisions that involve other people	10 7 5 3 0
10. If I had the talent, I would like to write songs	10 7 5 3 0
11. I have a close relationship with at least one of my parents or guardians	10 7 5 3 0

12. I have taught a class at my place of worship or have taken an active role in my religion	10 7 5 3 0
13. I am willing to spend time helping fellow students who are having difficulty in their studies	10 7 5 3 0
14. Even at the same salary, I would rather be the boss than just another worker	10 7 5 3 0
15. I have a special appreciation for beautiful things	10 7 5 3 0
16. If I had the talent, I would like to appear regularly on television	10 7 5 3 0
17. I would like to counsel people and help them with their problems	10 7 5 3 0
18. I would enjoy associating with movie stars and other celebrities	10 7 5 3 0
19. I have a dental checkup at least once per year	10 7 5 3 0
20. I enjoy writing short stories	10 7 5 3 0
21. I would rather spend the summer working than going on a vacation that I need to pay for	10 7 5 3 0
22. I like to go to parties	10 7 5 3 0
23. I think it would be fun to write a script for television	10 7 5 3 0
24. I believe in a supreme being	10 7 5 3 0
25. I would rather be a president of a club than a member	10 7 5 3 0
26. I would rather spend my last \$100 for needed dental work than for a vacation at my favourite resort	10 7 5 3 0
27. I enjoy giving presents to members of my family	10 7 5 3 0
28. If I were a teacher, I would rather teach poetry than math	10 7 5 3 0
29. I often have daydreams about things I would like to do if I had the money	10 7 5 3 0
30. I enjoy giving parties	10 7 5 3 0
31. I am willing to volunteer my time writing letters for the sick or the elderly	10 7 5 3 0
32. It would be very satisfying to receive a lot of publicity for acting in movies or television	10 7 5 3 0
33. When I feel ill, I usually call a doctor	10 7 5 3 0

34. I believe that it is important to support a place of worship by giving time and/or money	10	7	5	3	0
35. I enjoy taking part in discussions at the family dinner table	10	7	5	3	0
36. I enjoy visiting art museums	10	7	5	3	0
37. I like to write poetry	10	7	5	3	0
38. I like to be around other people most of the time	10	7	5	3	0
39. I like to be the one who decides what we will do or where we will go when I'm out with friends	10	7	5	3	0
40. Someday I would like to live in a large, expensive house	10	7	5	3	0
41. Each day I try to set aside time to worship	10	7	5	3	0
42. If I knew a family that had no food for Christmas dinner, I would try to provide it	10	7	5	3	0
43. I like to spend holidays with my family	10	7	5	3	0
44. I would like to see my name in print (in magazines or newspaper)	10	7	5	3	0
45. I would enjoy taking a class in freehand drawing	10	7	5	3	0
46. I do not like to spend an entire evening alone	10	7	5	3	0
47. If the salary were the same, I would rather be a school Principal than a classroom teacher	10	7	5	3	0
48. I have expensive tastes	10	7	5	3	0
49. I can tell the difference between a really fine painting or drawing and an ordinary one	10	7	5	3	0
50. If I had regular headaches, I would consult a doctor even if Aspirin seemed to lessen the pain	10	7	5	3	0
51. I have several very close friends	10	7	5	3	0
52. When I have children, I will enroll them in music lessons	10	7	5	3	0
53. It is important for me that a blessing me said before a meal	10	7	5	3	0
54. I sometimes miss sleep in order to visit late with company	10	7	5	3	0
55. I usually get at least 8 hours of sleep each night	10	7	5	3	0

56. I like to design things	10 7 5 3 0
57. I would rather be well known throughout Canada than highly respected by my peers	10 7 5 3 0
58. I would get a sense of satisfaction from nursing a sick person back to health	10 7 5 3 0
59. I care what my parents think of the things I do	10 7 5 3 0
60. I daydream about making a lot of money	10 7 5 3 0
61. I like to be the chairperson in charge at meetings	10 7 5 3 0
62. It is thrilling to come up with an original idea and put it to use	10 7 5 3 0
63. I believe there is life after death	10 7 5 3 0
64. If someone is hard to get along with, I try hard to be understanding	10 7 5 3 0
65. If I worked in the television industry, I would rather be a well known actor than a scriptwriter	10 7 5 3 0
66. I enjoy decorating my room at home	10 7 5 3 0
67. I enjoy a picnic with my family	10 7 5 3 0
68. As an adult, I want to earn a much higher salary than the average worker	10 7 5 3 0
69. I am careful to eat a balanced diet every day	10 7 5 3 0
70. I often influence other students with the classes they take	10 7 5 3 0
71. I would like an article to be written about me on the school website	10 7 5 3 0
72. I read religious writings regularly	10 7 5 3 0
73. If I worked in the clothing industry, I would enjoy creating new styles	10 7 5 3 0
74. I look forward to an evening out with a group of friends	10 7 5 3 0
75. When I am with a group of people, I like to be the one in charge	10 7 5 3 0
76. I dislike being financially dependent on others	10 7 5 3 0
77. When a friend is in trouble, I like to comfort them	10 7 5 3 0

78. I love my parents/guardians	10	7	5	3	0
79. I almost never skip meals	10	7	5	3	0
80. I own a ton of music of different styles	10	7	5	3	0
81. I have a particular friend with whom I discuss my problems	10	7	5	3	0
82. I am interested in and respect others' religious beliefs	10	7	5	3	0
83. I enjoy buying clothes for members of my family	10	7	5	3	0
84. I would enjoy having people recognize me wherever I go	10	7	5	3	0
85. I like planning activities for others	10	7	5	3	0
86. I do not smoke	10	7	5	3	0
87. I feel good when I do things to help others	10	7	5	3	0
88. Someday I would like to write a novel	10	7	5	3	0
89. I would put up with undesirable living conditions in order to work at a job that paid extremely well	10	7	5	3	0
90. I belong to several clubs and organizations	10	7	5	3	0
91. I believe in the power of prayer and meditation	10	7	5	3	0
92. I would enjoy having my picture in the school yearbook more than it has in the past	10	7	5	3	0
93. I often organize group activities	10	7	5	3	0
94. When I see a newly constructed building, I consider it as much beauty as practical use	10	7	5	3	0
95. I respect my parents / guardians	10	7	5	3	0
96. I like to design or make things that have not been made before	10	7	5	3	0
97. Some of the hobbies that I have are quite expensive	10	7	5	3	0
98. I enjoy classical music	10	7	5	3	0
99. I would never use potentially harmful drugs because of what they might do to my body	10	7	5	3	0
100. I am kind to animals	10	7	5	3	0

Rating Your Values

The numbers of the one hundred statements that you just rated are listed under the appropriate values in the chart below. To determine your rating for each value, write the number that you circled (10, 7, 5, 3 or 0) for each statement on the blank line next to the statement number. Then add the numbers in each column to get your total for each value.

FAME		MONEY		POWER		RELIGION		HUMANITARIANISM	
6.		7.		9.		2.		5.	
16.		21.		14.		12.		13.	
18.		29.		25.		24.		17.	
32.		40.		39.		34.		31.	
44.		48.		47.		41.		42.	
57.		60.		61.		53.		58.	
65.		68.		70.		63.		64.	
71.		76.		75.		72.		77.	
84.		89.		85.		82.		87.	
92.		97.		93.		91.		100.	
TOTAL =		TOTAL =		TOTAL =		TOTAL =		TOTAL =	

FAMILY		HEALTH		AESTHETICS		CREATIVITY		SOCIAL CONTACT	
8.		1.		3.		10.		4.	
11.		19.		15.		20.		22.	
27.		26.		28.		23.		30.	
35.		33.		36.		37.		38.	
43.		50.		49.		45.		46.	
59.		55.		52.		56.		51.	
67.		69.		66.		62.		54.	
78.		79.		80.		73.		74.	
83.		86.		94.		88.		81.	
95.		99.		98.		96.		90.	
TOTAL =		TOTAL =		TOTAL =		TOTAL =		TOTAL =	

Common Personal Values

Accomplishment	Excellence	Patriotism
Accountability	Fairness	Peace
Accuracy	Faith	Power
Adventure	Faithfulness	Practicality
Beauty	Family	Preservation
Calm & Quietude	Flair	Privacy
Challenge	Freedom	Punctuality
Change	Friendship	Quality of Work
Cleanliness & Orderliness	Fun	Reliability
Collaboration	Global Views	Respect for Others
Commitment	Goodwill	Safety and Security
Communication	Goodness	Self Reliance and Self Thinking
Community	Gratitude	Service to Others
Competence	Hard Work	Simplicity
Competition	Harmony	Solving Problems
Concern for Others	Honesty	Speed
Connection	Honour	Stability
Continuous Improvement	Improvement & Personal Growth	Status
Cooperation	Independence	Strength & Personal Health
Coordination	Individuality	Success
Creativity	Innovation	Teamwork
Decisiveness	Integrity	Timeliness
Democracy	Justice	Tolerance
Discipline	Knowledge	Tradition
Discovery	Love & Romance	Tranquility
Diversity	Loyalty	Trust
Efficiency	Meaning	Variety
Equality	Money & Prosperity	Wisdom

Career Life Connections Journal Entry - Values

Think about the values that you have learned or inherited from different sources throughout your life, such as your family, friends, religion and society.

1. Describe at least three of these values. Do you think your values would be the same if you grew up with a different family or perhaps in a different family? Where or how do you think that these values originated?
2. In what ways are your values similar or different than your family or friends. Explain.
3. How important is it to you to not compromise your values when choosing a career? Explain.



Career Life Connections Journal Entry - Values

Think about the values that you have learned or inherited from different sources throughout your life, such as your family, friends, religion and society.

4. Describe at least three of these values. Do you think your values would be the same if you grew up with a different family or perhaps in a different family? Where or how do you think that these values originated?
5. In what ways are your values similar or different than your family or friends. Explain.
6. How important is it to you to not compromise your values when choosing a career? Explain.

