

**Work Values**

Rate the level of each work value from 1 (Least Important) to 5 (Most Important)

<b><u>Work Tasks</u></b>	1 Least	2	3	4	5 Most	<b><u>Travel</u></b>	1 Least	2	3	4	5 Most
Make a product I can see at the end of the day						Little or no travel required					
Work on a project that requires long-term effort						Significant travel is required					
Complete tasks by the end of the day						Significant long-distance travel is required					
Perform different tasks every day						<b><u>Interpersonal Aspects</u></b>					
Perform similar tasks routinely						Work independently with no supervision					
Engage in adventurous/risky tasks						Work independently with some supervision					
Work with hands or tools						Work with one or more colleagues as a team					
Work with numbers						Plan work for and supervise others					
Help people who have needs						Be supervised by a supervisor/boss who I like					
Influence the opinions or decisions of others						Work with supportive co-workers					
Engage in physical tasks						Meet new people regularly					
Engage in intellectually stimulating tasks						Do not have to meet new people often					
Engage in creative tasks						Do not have to work with the "public" daily					
Engage in research						<b><u>Pay, Benefits, Rewards</u></b>					
<b><u>Work Setting</u></b>						Good benefits package					
Indoors, in my own office						Work for a high base salary					
Indoors, in a large office with many colleagues						Work on a commission basis					
Indoors, other than an office						Job security					
Outdoors						Starting salary upon graduation over \$40,000					
Combination of indoors and outdoors						Opportunity to obtain large salary increases					
Work in an urban/suburban setting						Immediate public attention for accomplishments					
Work in a rural setting						Social prestige/respect associate with job title					
Home-based work setting						<b><u>Professional Development</u></b>					
<b><u>Work Hours and Pace</u></b>						Opportunity to advance within same company					
A regular shift of 8 hours per day/set schedule						Opportunity to advance by changing companies					
Varying schedule/set my own hours						Participate in professional associations/trainings					
Not having to work in evenings or weekends						<b><u>Education</u></b>					
Little or no pressure						Degree(s) can be obtained by SE Missouri State					
Fast-paced /pressure due to deadlines						No more than a bachelors degree required					
Competitive environment						No more than a masters degree required					

**Lifestyle Values**

Rate the level of each value from 1 (Least Important) to 5 (Most Important)

<b><u>Lifestyle Values</u></b>	1 Least	2	3	4	5 Most
Live in a rural setting					
Live in a suburban setting					
Live in a city					
Live close to work					
Be able to walk to work					
Own your own home					
Have a big house					
Live in a moderate climate					
Live where the weather changes with the seasons					
Live in a constant climate					
Live in a warm climate					
Opportunities for community involvement					
Close to cultural and entertainment opportunities					
Live near the water					
Live close to stores					
Live in a wooded setting					
Live in a community with good schools					
Live in a community where spouse can have a job					
Live near relatives					
Have children					
Have a fulfilling family life					
Have friends near by					
Travel frequently					
Have time to pursue your interests					
Have a house and yard to work on					
Drive an expensive car					
Have a second home					
Live in a stable neighborhood					
Buy designer clothes and accessories					
Have one or more pets					
Be involved with sports of your choice					

**Lifestyle Values Continued**

	1 Least	2	3	4	5 Most
Participate in family-oriented activities					
Live where you don't have neighbors					
Live where you have neighbors					
Do volunteer work					
Be active in church work					
Do things often with friends					
Go to movies, plays, and concerts often					
Spend time doing arts and crafts					
Go places on weekends					
Stay at home on weekends					
Be very involved in social activities					

Select 5 to 10 work & lifestyle values which are essential and write them below:

**Work Values**  
(In priority order)

**Lifestyle Values**  
(In priority order)

- |           |           |
|-----------|-----------|
| 1. _____  | 1. _____  |
| 2. _____  | 2. _____  |
| 3. _____  | 3. _____  |
| 4. _____  | 4. _____  |
| 5. _____  | 5. _____  |
| 6. _____  | 6. _____  |
| 7. _____  | 7. _____  |
| 8. _____  | 8. _____  |
| 9. _____  | 9. _____  |
| 10. _____ | 10. _____ |

Compare your work values and lifestyle values to identify conflicts and compatibility. For example, do you want to earn a high salary but also have a lot of time for leisure pursuits? (Sometimes these can be at odds).