

Recognise your values

Explore your values by ranking the criteria (1-5) and then number the 3 most important criteria for you.

Never

Always

Values	1	2	3	4	5
Challenge - you enjoy being challenged and having problems to solve					
Learning - you like to have new things to learn					
Independence - you like to do things without interference from others					
Responsibility - you accept responsibility from your own actions and don't blame other people					
Creativity -you enjoy thinking up new ideas and ways of doing things					
Confidence - you tackle new tasks without hesitation					
Organisation - you are an organised and tidy person who likes everything to be in its place					
Money - earning a good salary is important to you					
Routine - you like to have regular tasks and work patterns					
Variety - you enjoy having lots of different tasks to do					
Friendship - you like to form close friendships with others					
Freedom - you like to do things in your own time and your own way					
Recognition - you want your efforts to be recognised by others					
Respect - you respect the rights and property of others					
Status - you like to be respected by others because of your position					
Surroundings - you like to be in pleasant surroundings					
Team work - you like to feel part of a team and work cooperatively					
Risk - you enjoy taking risks					
Security - you want a job that you know will last					
Help others - you like to do a job that is contributing to society					
Pressure - you like to work to meet deadlines					
Quiet - you like working without pressure, setting your own deadlines					
Precision - you like to work with care and concentration					

The three most important criteria for work for me are:
