



Work Values

(This exercise comes from *Find your own Rainbow* by Barrie Hopson and Mike Scally)

1. Very important

2. Quite Important

3. Important

4. Of some Importance

5. Not Important

Look at the values below and put them under the headings on the left. Ensure that there are no more than 7 or 8 in the Very Important column.

Think: 'How important is this values to me when I considering PAID WORK?'

<p>Place of Work It is important that you work in the right part of the country for you.</p>	<p>Peace You prefer to have few pressures or uncomfortable demands.</p>	<p>Variety You enjoy having lots of different things to do.</p>
<p>Competition You enjoy competing against other people or groups.</p>	<p>Independence You like being able to work in the way you want, without others telling you what to do</p>	<p>Time Freedom You prefer to choose your own times for doing things, not having ridged working hours.</p>
<p>Friendship You would like close friendships with people at work.</p>	<p>Fast Pace You enjoy working rapidly at a high pace.</p>	<p>Status You enjoy being in a position which leads others to respect you.</p>
<p>Making Decisions It is important that you make decisions about how things should be done, who should do it and when it should be done.</p>	<p>Creativity Thinking up new ideas and ways of doing things is important to you.</p>	<p>Risk You like to take risks.</p>

<p>Excitement It is important that you have a lot of excitement in your work.</p>	<p>Money Earning large amounts of money is important to you.</p>	<p>Helping Others It is important to you to help others either individually or in groups, as part of your work.</p>
<p>Routine You like work that is fairly predictable.</p>	<p>Pressure You like to feel a certain amount of pressure.</p>	<p>Community You like to live in a place where you can get involved with the community.</p>
<p>Work with Others You like to work in a team alongside others.</p>	<p>Physical Challenge You enjoy doing something that is physically demanding.</p>	<p>Work Alone You like to work on your own</p>
<p>Artistic You enjoy work involving drawing designing, making models etc.</p>	<p>Communication You enjoy being able to express ideas well in writing or in speech.</p>	<p>Recognition You do like people to appreciate you for the work you do.</p>
<p>Security It is important to know your job will always be there for you.</p>	<p>Contact with People You enjoy having a lot of contact with people.</p>	<p>Precise Work You like working at things which involve great care and concentration.</p>
<p>Help Society You like to think that your work is producing something worthwhile for society</p>	<p>Supervision You enjoy being responsible for work done by others.</p>	<p>Persuading People You enjoy persuading people to buy something or change their minds about something.</p>
<p>Learning It is important for you to learn new things.</p>	<p>Being Expert You like being known as someone with special knowledge or skills.</p>	

You can add any additional work values that you have into the empty boxes.