

Identifying Strengths and Values

Often, the first step in career development is self-reflection. Once you understand your interests, abilities, and values, you can start to identify which career fields may best match your personal strengths. Examining your past experiences, as well as your present involvements, can help you see trends that correlate with vocational aspirations.

One valuable lesson that life experience has taught me is:

If I were to win an award, it would probably be for:

One of my best personal qualities is:

The kind of situation where I seem to perform at my best is:

With each passing year, I feel more and more qualified to:

Work Environment	Work Relationships	Intrinsic Values	Work Content
Flexibility	Teamwork	Integrity	Challenge
Deadline Pressure	Trust	Status	Leading
Surroundings	Cultural Identity	Prestige	Competence
Time Freedom	Caring	Achievement	Mastery
Security	Competition	Respect	Risk
High Earnings	Cooperation	Responsibility	Leading Edge
Action, Face Pace	Humor	Power	Detail Oriented
Structure	Harmony	Influence	Social Activism
Relaxed Pace	Autonomy	Appreciation	Learning
Predictability	Open Communication	Helping	Excellence
Location	Assertiveness	Belonging	Focus
Public Contact	Positivity	Equality	Creativity
Comfortable Income	Professionalism	Independence	Variety
Accountability	Decisiveness	Contributing	Growth
Balance	Diversity	Authenticity	Knowledge
Gratitude		Altruism	Control
Vision		Generosity	Adventure
		Faith	Accuracy
		Curiosity	

Identifying one's values is an essential step in discovering the type of career field, work environment and organization that will be a good fit for an individual.

Circle the top 2 values in each column that align with your most important personal values.