



# Your Values

Look at the following factors and decide how important they are to you.

- In the **Free choice** column select all the values that are important or desirable to you.
- In the **Half** column cut the number of values you have chosen by half discarding those of lesser importance.
- For the final column choose only your **Top three** essential values.

	Free choice	Half	Top three
<b>Organisation</b> — Working in a well-known Organisation			
<b>Community</b> — Working in a place where you can get involved in the local community			
<b>Physical challenge</b> — Work that is physically demanding			
<b>Flexible working</b> — A role in which there is the possibility of working part-time			
<b>Job security</b> — Knowing that your work will always be there for you			
<b>Being expert</b> — Being known as someone with special knowledge or skills			
<b>Research</b> — Having the opportunity to carry out research			
<b>Supervision</b> — Having responsibility for supervising others			
<b>Learning</b> — A rapidly changing role in which you will continually be learning new things			
<b>Types of patients/clients</b> — Helping a particular patient or client group			
<b>Helping people</b> — A role in which you help individuals, groups or society in some way			
<b>Predictability</b> — Having a routine which is fairly predictable			
<b>Working with others</b> — Working in a team alongside others			
<b>Teaching</b> — Being able to teach others			
<b>Challenge</b> — Being 'stretched' and given new problems to work on			
<b>Competitive</b> — Working in a career to which entry is highly competitive			
<b>Pace of work</b> — A rapid pace of work			
<b>Respect</b> — A high-status job			
<b>Excitement</b> — Working in a context where you take clinical decisions under pressure			
<b>Promotion</b> — Work in which there is a good chance of promotion			
<b>Stress</b> — working in a role where there is minimal stress			
<b>Money</b> — The possibility of earning a high salary			
<b>Friends</b> — Forming friendships with colleagues at work			
<b>Managing your time</b> — Some flexibility in when you carry out your different responsibilities			
<b>Creativity</b> — Thinking up new ideas and ways of doing things			
<b>Techniques</b> — Being able to perform particular tasks that you enjoy			
<b>Recognition</b> — Receiving appreciation for the work you do			
<b>Precision</b> — Working at tasks which involve great care and precision			
<b>Place of work</b> — Working in a specific part of the country			
<b>Variety</b> — Having a variety of different responsibilities			
<b>Independence</b> — Being able to work on your own			
<b>Managing others</b> — The opportunity to manage a clinical service			
<b>Controllable lifestyle</b> — Being able to achieve a satisfactory work/life balance			
<b>Your own values...</b>			