

## Step 2 Values

## Aim of Step 2: Is to Identify and Prioritise Your Core Values

### Introduction:

In this step we explore your core values.

Being aware of and understanding your core values is critical when it comes to finding a career that suits you.

This fact is often ignored in an attempt to secure an income and employment.

Your values are not your beliefs though they often stem from them.

Human behavioural experts believe that values are our primary motivators, and there is general agreement that your health and happiness are strongly influenced by having your values met.

Values can change over time, and may be influenced by external factors e.g. societal expectations, but in general, they tend to remain stable over long periods, and any changes tend to be gradual.

In the long term, you cannot afford to ignore your values for the sake of holding down a job. If there is a serious mismatch between your occupation and your core values there will eventually be a price to pay.

When your occupation does not meet your values you are likely to be disaffected and unsatisfied in your work at the very least. In more extreme circumstances your emotional and mental health may suffer.

Some of the benefits of being in an occupation where your values are being met are;

- Increased productivity
- Higher morale
- Stronger motivation
- Low stress
- Satisfaction and fulfilment
- Better relationships

In the event that you do secure employment where your values are compromised, it is best to consider the work as a short term measure while you continue to strive to find a more suitable occupation over the longer term. Consider it a stepping stone if you like.

Values and priority of values differ from person to person, and can be quite subjective.

**Aim of Step 2:** Identify and prioritise your core values.

### Objectives:

At the end of this step you should;

Have a list of your core values.

Be able to identify occupations that are aligned to your core values.

Be able to identify occupations that are not aligned to your core values.

Transfer your top 5 core values to your Career Development Plan.





## Values Tool:



### Instructions:

1. Follow the link at the bottom of the page and complete the values assessment.
2. On completing the assessment you will be given a Summary Sheet of Career Values.
3. Print off the Summary Sheet.
4. Prioritise your values in an order of your choice from the column titled **Always Valued**.
5. Transfer your top 5 **Core values** to page 4 of your Career Development Plan.
6. Keep your Summary Sheet in your Career Progression File.
7. The online assessment allows you access to a worksheet that can be used to explore and prioritise your values further. *This is optional.*

[Click Here to go to Values Tool](#)

