

Home School Careers Conversations 4

Careers Crazy Paving - Goals, Values and Interests

Look back at worksheet 1 – you outlined your goals, values and interests. Do they fit together? If they don't, you're likely to be very dissatisfied with your working life. Today's worksheet gives you an opportunity to test how well your career aspirations fit your values

Test 1 - Are your values really your values?

Think of 3-6 people that are important to you, from any walk of life – Why are they important and what value do they display by their actions? The examples below may help.

Person	Why they are important to you	The value they display
My Grandmother	She always listens to me without judging me	Dependability
Martin Luther King Jr	He fought for social justice	Bravery
1		
2		
3		
4		
5		
6		

Discuss with your parents, carers or somebody else whose opinion you trust – Are your values from worksheet 1 similar to the values of those who you admire? If they're not you might wish to go on to do the values inventory on the next page to give you a clearer picture of what is important to you.

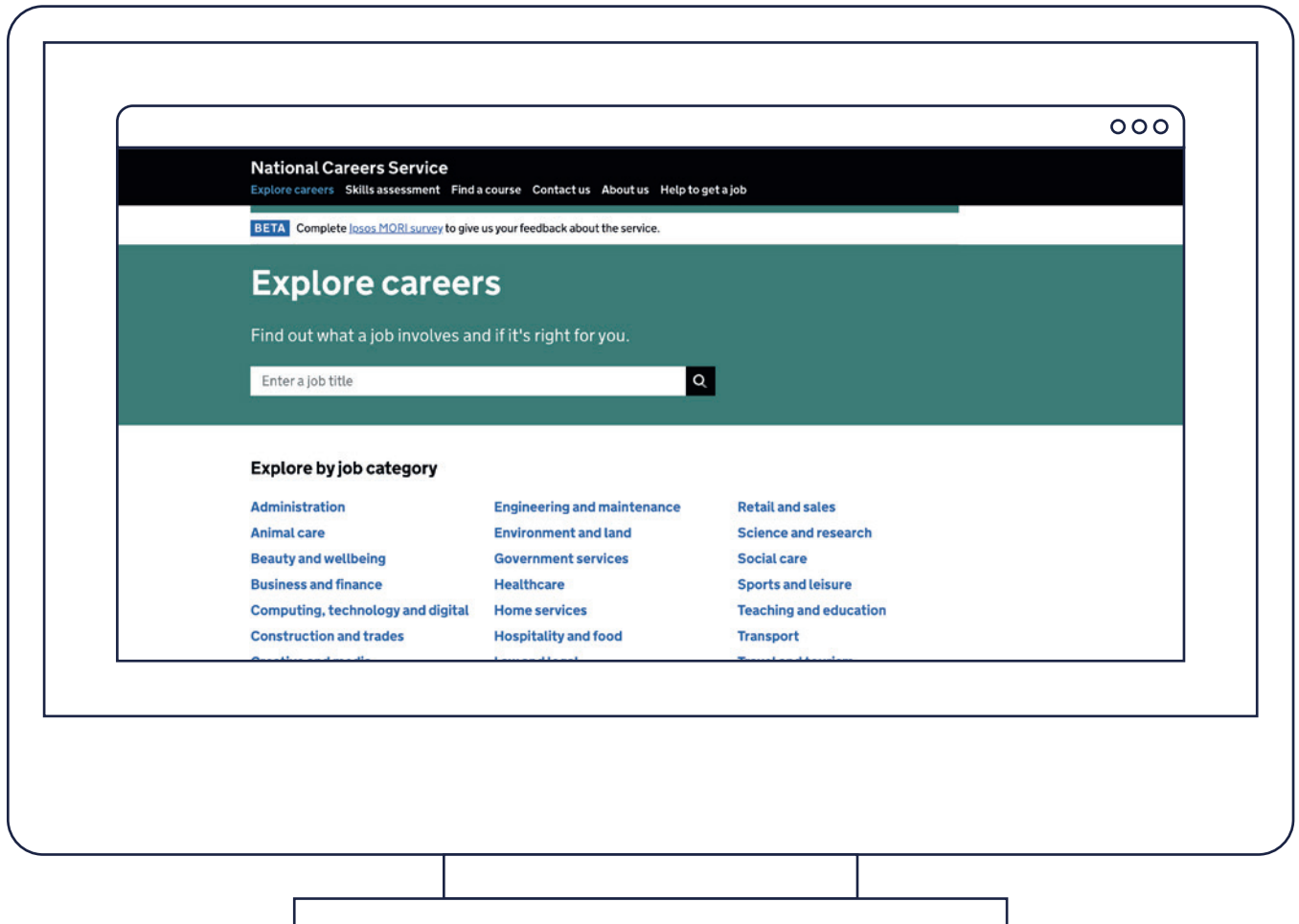
Test 2

Just thinking about each value in isolation, just how important is it to you on a daily basis? What would make you ignore your value?

e.g. If 2 of your values were nature/sustainability and financial security but you would be willing to work for a company that had a poor record of respecting the environment if they money they were offering was good, then financial security is more important to you than nature and sustainability

Consider how important each value is to you, tick the column that applies

Value	Always Important	Sort of Important	Least Important
Financial Security			
Compassion			
Health/Fitness			
Nature & Sustainability			
Accomplishment			
Creativity			
Dependability			
Loyalty			
Beauty			
Bravery			
Gratitude			
Love			
Connection/Relationships			
Learning			
Leadership			
Survival			
Self-Preservation			
Security			
Adventure			
Family			
Work			
Success			
Calm			
Freedom			



Test 3

Now go to The National Careers Service profiles and look at the profile of the career(s) you're considering. Do they fit in well with your values? Is there anything in the profile that may conflict with your values?

nationalcareers.service.gov.uk/explore-careers