

WORK AND LIFESTYLE VALUES

* From Fred Hecklinger & Bernadette Curtin, Training for Life. pp 38-39.

WORK TASKS	Very Important	Quite Important	Somewhat Important	Not Important
Produce a product I can see at the end of the day				
Work on a project that takes a long time to complete				
Complete tasks by the end of the day				
Perform different tasks every day				
Perform similar tasks routinely				
Engage in adventuresome/risky tasks				
Work with hands or hand tools				
Work with numbers				
Help people who have needs				
Influence the opinions or decisions of others				
Engage in physical tasks				
Engage in intellectually stimulating tasks				
Engage in creative tasks				
Engage in research				

WORK SETTING	Very Important	Quite Important	Somewhat Important	Not Important
Indoors, in my own office				
Indoors, in a large office with many colleagues				
Indoors, other than an office				
Outdoors				
Combination of indoors & outdoors				
Work in an urban/suburban setting				
Work in a rural setting				
Home-based work setting				

WORK HOURS	Very Important	Quite Important	Somewhat Important	Not Important
Regular shift of 8 hours per day with no overtime or work to take home				

Irregular length day, sometimes working overtime or taking work home				
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PRESSURE	Very Important	Quite Important	Somewhat Important	Not Important
Little or no pressure				
Fast-paced environment				
Competitive environment				
Pressure due to responsibility for physical/emotional well-being of others				

TRAVEL	Very Important	Quite Important	Somewhat Important	Not Important
Little or no travel required				
Significant local travel required				
Significant long-distance travel required				

INTERPERSONAL ASPECTS	Very Important	Quite Important	Somewhat Important	Not Important
Work independently with no supervision (own boss)				
Work independently with some supervision				
Work with one or more colleagues as a team				
Plan work for and supervise others				
Be supervised by a good supervisor/boss				
Work with supportive co-workers				
Meet new people regularly				
Do not have to meet new people often				

PAY, BENEFITS, REWARDS	Very Important	Quite Important	Somewhat Important	Not Important
Good benefits package				
Work for a high base salary				
Work on a commission basis				
Job security				
Starting salary upon graduation over \$35,000				
Opportunity to obtain large salary increases				

Receive immediate public attention for accomplishments				
Social prestige/respect/recognition				

PROFESSIONAL DEVELOPMENT	Very Important	Quite Important	Somewhat Important	Not Important
Opportunity to advance within the same organization				
Opportunity to advance by changing organizations				
Opportunity to participate in professional organizations				

EDUCATION	Very Important	Quite Important	Somewhat Important	Not Important
Degree(s) can be obtained at UT				
No more than bachelors degree required				
Graduate study required				

LIFESTYLE VALUES

Lifestyle Values	Very Important	Quite Important	Somewhat Important	Not Important
Live in a rural setting				
Live close to work				
Be able to walk to work				
Own your own home				
Live in a moderate climate				
Be active in your community				
Live in a suburban setting				
Live in an apartment				
Live close to cultural and entertainment opportunities				
Live in a city				
Travel frequently				
Live in a warm climate				
Live where children can walk to school				
Live where your spouse can have a good job				
Go out to eat often				
Live near relatives				
Live where the weather changes from season to season				
Live in a constant climate				
Have time to pursue your interests				
Have friends near by				

Have a garden				
Have a house and yard to work on				
Live near a college				
Have a second home				
Live near the water				
Live close to stores				
Live in a wooded setting				
Be involved with sports of your choice				
Participate in family-oriented activities				
Live where you don't have to spend time with neighbors				
Have time to yourself				
Spend time with your neighbors				
Work on projects around your house				
Do volunteer work				
Be active in church work				
Do things often with friends				
Go to movies, plays, and concerts often				
Do things alone or with your spouse				
Have a big house				
Live in a stable neighborhood				
Spend time with arts or crafts				
Go places on weekends				
Stay at home on weekends				
Be very involved in social activities				

Select 5 to 10 work and lifestyle values that are essential and write them below:

YOUR PRIORITIZED VALUES

Work Values
(In priority order)

Lifestyle Values
(In priority order)

- | | |
|-------------|-----------|
| 1. 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |
| 5. _____ | 5. _____ |
| 6. _____ | 6. _____ |
| 7. _____ | 7. _____ |
| 8. _____ | 8. _____ |
| 9. _____ | 9. _____ |
| 10. _____ | 10. _____ |