

# What do I value in my work? He aha tāku e uara ana i aku mahi?

## Rate each value with a number



When you're finished, look at the values you rated with a 1 or 2.

- ▶ Does your current work align with your values?
- ▶ If you're considering a new career, will it align with your values?

If you're not sure, find out more about the job or talk to someone who is currently working in it.

Work value	Your rating	This value is important to me because...
<b>Attention to detail</b> I like work that is detailed.		
<b>Beliefs</b> I like work that fits with my beliefs.		
<b>Challenge</b> I like to be challenged by emotionally difficult work like nursing or by a job with complex tasks.		
<b>Communication</b> I enjoy being able to express ideas well in writing or talking.		

Work value	Your rating	This value is important to me because...
<p><b>Competition</b> I want to have targets and incentives to succeed.</p>		
<p><b>Creativity</b> I like to think up new ideas and ways of doing things.</p>		
<p><b>Decision</b> I like using my judgement and making decisions.</p>		
<p><b>Expertise</b> I like to be known as someone with special knowledge or skills.</p>		
<p><b>Flexibility</b> I want to work different hours to fit around my whānau, culture or hobbies.</p>		
<p><b>Helping others</b> I like to help people in my work.</p>		
<p><b>Helping society</b> I like my work to be worthwhile for the community.</p>		
<p><b>Independence</b> I like working my own way without others telling me what to do.</p>		
<p><b>Innovative</b> I want to contribute new knowledge.</p>		
<p><b>Learning</b> I enjoy being given new problems to work on and learning new things.</p>		
<p><b>Money</b> I want to earn a large amount of money.</p>		

Work value	Your rating	This value is important to me because...
<p><b>Organisation</b> I like it when there is a clear plan and instructions for what to do.</p>		
<p><b>Passion</b> I want my career to be my main passion in life.</p>		
<p><b>Peace</b> I want a quiet and calm work environment.</p>		
<p><b>People contact</b> I enjoy meeting a wide variety of people.</p>		
<p><b>Physical activity</b> I want to be physically active and not sit behind a desk all day.</p>		
<p><b>Practical</b> I want to be able to see what I have done at the end of the day.</p>		
<p><b>Pressure</b> I like working to deadlines in a fast-paced environment.</p>		
<p><b>Promotion</b> I like work where there is a good chance of moving to a higher-level job.</p>		
<p><b>Risk</b> I want some risk and excitement in my job.</p>		
<p><b>Routine</b> I like regular tasks and work patterns.</p>		
<p><b>Status</b> I enjoy being in a position where people respect me.</p>		

Work value	Your rating	This value is important to me because...
<b>Supervision</b> I enjoy taking the lead and being responsible for other people's work.		
<b>Surroundings</b> I like to be in a busy, dynamic workplace where there is a lot happening.		
<b>Teamwork</b> I like working in a team alongside others.		
<b>Travel</b> I want travel to be part of my work.		
<b>Variety</b> I enjoy having a variety of tasks in my work.		
<b>Work alone</b> I like working on my own or with just a few people.		
<b>Work-life balance</b> I want to have time for hobbies, whānau or my community outside of work.		
<b>Work locally</b> I want to work near where I live.		

## Next task

Understanding your work values, skills and interests can help you decide which job or career would suit you best.

Once you've reviewed your values you might want to review your skills using the 'Figure out your skills' worksheet.

You could also explore your interests using the Interest quiz.