

Values Inventory

Values are strong beliefs that guide our thoughts and actions. We all have a specific set of core values or beliefs that serve as our “compass” or guiding principles in our personal and professional lives.

Below is a list of common values. It is not meant to be all-inclusive; no list of values can be. Place a check next to those values that are important to you; ones that serve as your guiding principles.

Your Values

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|--|---|
| <input type="checkbox"/> Abstract vs. Concrete (I) | <input type="checkbox"/> Change (A/E) |
| <input type="checkbox"/> Achievement/Success (E/C) | <input type="checkbox"/> Cheerfulness (S) |
| <input type="checkbox"/> Accountability (E/C) | <input type="checkbox"/> Clear Lines of Authority (R/C) |
| <input type="checkbox"/> Accuracy (C) | <input type="checkbox"/> Common Sense (R) |
| <input type="checkbox"/> Advancement (E) | <input type="checkbox"/> Competition (E) |
| <input type="checkbox"/> Adventure (R/E) | <input type="checkbox"/> Complexity (I/A) |
| <input type="checkbox"/> Aesthetics (A) | <input type="checkbox"/> Concern for Others (S) |
| <input type="checkbox"/> Ambition (E) | <input type="checkbox"/> Concrete vs. Abstract (R/C) |
| <input type="checkbox"/> Analysis (I/C) | <input type="checkbox"/> Conscientiousness (C) |
| <input type="checkbox"/> Artistic Expression (A) | <input type="checkbox"/> Consensus (S) |
| <input type="checkbox"/> Assertiveness (E) | <input type="checkbox"/> Controlling Emotions (C) |
| <input type="checkbox"/> Beauty (A) | <input type="checkbox"/> Cooperation/Collaboration (S) |

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|---------------------------------|-----------------------------|
| ___ Being Helpful (S) | ___ Craftsmanship (R) |
| ___ Being Respectful (S/C) | ___ Creativity (A) |
| ___ Being Tactful (S/C) | ___ Critical Thinking (I) |
| ___ Belonging (S) | ___ Curiosity (I) |
| ___ Building Community (S) | ___ Dependability (R/C) |
| ___ Caring for/about Others (S) | ___ Economical/Thrifty (R) |
| ___ Caution (R/C) | ___ Efficiency (C) |
| ___ Empowering Others (S) | ___ Introspection (I/S) |
| ___ Equality (S) | ___ Intuition (A/S) |
| ___ Excitement (E) | ___ Kindness (S) |
| ___ Facts/Principles (I) | ___ Knowledge (I) |
| ___ Fairness/Objective (S/C) | ___ Lack of Structure (I/A) |
| ___ Fast Pace (E) | ___ Language (A) |
| ___ Flexibility (A) | ___ Learning (I) |
| ___ Free Spirit (A) | ___ Listening (S) |
| ___ Friendships (S) | ___ Making a Profit (E) |
| ___ Generosity (S) | ___ Making Money (E) |
| ___ Gentleness (S) | ___ Making Things Work (R) |
| ___ Goodness (S) | ___ Materialistic (E) |
| ___ Hard Work (E/C/R) | ___ Meaning (S) |
| ___ Harmony (S) | ___ Merit (E) |
| ___ Helping Others (S) | ___ Nature/Outdoors (R) |
| ___ Helping Society (S) | ___ New Ideas (I) |
| ___ High Motivation (E) | ___ Nonconformance (I/A) |

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|--------------------------------|------------------------------------|
| ___ Idealism (A/S) | ___ Nurturing Others (S) |
| ___ Imagination (A) | ___ Openness (A/S) |
| ___ Impulsiveness (A) | ___ Optimism (E) |
| ___ Independence (I/A) | ___ Order (C) |
| ___ Influence/Persuasion (E) | ___ Organization (R/C) |
| ___ Innovative Thinking (I/A) | ___ Originality (I/A) |
| ___ Inquiry/Questioning (I) | ___ Passion (A) |
| ___ Insight (I/S) | ___ Patience (S/C) |
| ___ Intellect (I) | ___ Perfection (C) |
| ___ Intellectual Challenge (I) | ___ Persistence/Perseverance (R/C) |
| ___ Personal Growth (S) | ___ Sensitivity (A/S) |
| ___ Physical Challenge (R) | ___ Service to Others (S) |
| ___ Physical Strength (R) | ___ Showing Emotions (A/S) |
| ___ Power/Authority (E) | ___ Showing Leadership (E) |
| ___ Practicality (R/C) | ___ Stability (R/C) |
| ___ Precision (C) | ___ Standardization (C) |
| ___ Predictability (C) | ___ Status/Rank/Position (E) |
| ___ Privacy (C) | ___ Structure (R) |
| ___ Prosperity/Wealth (E) | ___ Spirituality (S) |
| ___ Punctuality (C) | ___ Systems (C) |
| ___ Quality of Work (E/C) | ___ Tangible Results (R/C) |
| ___ Quiet/Reserved (I/C) | ___ Team Orientation (S) |
| ___ Rationality (I) | ___ Thought/Reflection (I/S) |

- ___ Recognition (E)
- ___ Regularity (C)
- ___ Relationships (S)
- ___ Reliability (R/C)
- ___ Resilience (E)
- ___ Responsibility (S/C)
- ___ Responsiveness (E/C)
- ___ Results-Oriented (E/C)
- ___ Risk Taking (E)
- ___ Satisfying Others (S)
- ___ Security (C)
- ___ Self-Confidence (E)
- ___ Self-Expression (A)
- ___ Self-Reliance (R)
- ___ Timeliness (C)
- ___ Tolerance (S)
- ___ Tradition/Convention (R/C)
- ___ Tranquility (S)
- ___ Trust (S)
- ___ Unconventional (A)
- ___ Understanding Others (S)
- ___ Unity (S)
- ___ Well-being (S)
- ___ Working by Myself (R)

If there are other values that are important to you, but you didn't find them on this list, feel free to note those values below.

Of all the values you identified as important, list your five (5) most important values below. List them in order of importance, with one (1) being the most important.

1.) _____

2.) _____

3.) _____

4.) _____

5.) _____

Your Name (please print): _____

Today's Date: _____

Next Steps

Contact Clarkson University Career Center to schedule an appointment to discuss your answers and how they may help lead you to a productive and meaningful career.

Note: Career assessments, both formal and informal, do not provide magical answers regarding career choice. Career decision-making is often a complex puzzle, where multiple pieces need to come together to form a complete and clear picture. This career exercise represents one puzzle piece and is not intended to provide a complete picture of your career future.