# Values checklist

| Intrinsic values | Check | Extrinsic values | Check |
| --- | --- | --- | --- |
| Adventure/Risk-taking | [ ]  | Achievement | [ ]  |
| Altruism/Help society | [ ]  | Advancement  | [ ]  |
| Artistic expression | [ ]  | Aesthetics/Beauty | [ ]  |
| Authority | [ ]  | Affiliation/Belonging | [ ]  |
| Challenge | [ ]  | Autonomy/Independence | [ ]  |
| Creativity/Innovation | [ ]  | Clean/Orderly | [ ]  |
| Decision making | [ ]  | Clear directions | [ ]  |
| Detailed/Precision work | [ ]  | Competition | [ ]  |
| Expertise/Mastery | [ ]  | Cooperation | [ ]  |
| Helping others/individuals | [ ]  | Democracy/Fairness | [ ]  |
| Interaction with people | [ ]  | Ethical workplace | [ ]  |
| Leadership | [ ]  | Fast-paced/Tight deadlines | [ ]  |
| Learning | [ ]  | Flexibility | [ ]  |
| Moral/Spiritual fulfillment | [ ]  | Friendships | [ ]  |
| Multi-tasking | [ ]  | Fun | [ ]  |
| Nature/Outdoors | [ ]  | Harmony | [ ]  |
| Persuade/Influence others | [ ]  | High salary | [ ]  |
| Physical challenge | [ ]  | Location | [ ]  |
| Problem-solving | [ ]  | Recognition/Appreciation | [ ]  |
| Routine | [ ]  | Respect | [ ]  |
| Solitary work | [ ]  | Security/Stability | [ ]  |
| Spirituality | [ ]  | Status/Prestige | [ ]  |
| Tangible results | [ ]  | Structure | [ ]  |
| Travel | [ ]  | Supportive supervisor | [ ]  |
| Variety/Change | [ ]  | Teamwork | [ ]  |
| Work with things | [ ]  | Work/Life balance | [ ]  |