# 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 |  |