# Values worksheet

1. Complete the chart below.
   1. **Top values:** Record the top values you selected (both intrinsic and extrinsic) on your Values checklist. Include 8 extrinsic and 8 intrinsic.
   2. **What does this value mean to me?** Write your definition for each of the values: what do they mean to *you*?
   3. **Deal breaker:** Which of these values would you consider to be ‘deal breakers’ – i.e., you cannot see yourself enjoying a job in which they are absent? In the ‘Deal breaker’ column, indicate “yes” for the values that are your deal breakers, and a “no” for those that aren’t.   
      **This is important:** these are the values you will want to ensure, as much as possible, are present in the career and job choices you make. In their absence, job satisfaction may be difficult to attain.

| Top values | What does this value mean to me? | Deal breaker? (Yes/No) |
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