Purpose:

This Action Guide will help you identify your core values and begin to prioritize what is most important to you.

Description:

Values refer to your priorities for your life and career – in other words, what is most important to you. Some common values include prestige, money, achievement, recognition, creativity, and autonomy. Many students are unaware of their core values; others experience a situation in which their core values are not aligned with their career path (i.e. a person values money and compensation but is drawn to a career in a lower-paying industry). Being aware of your core values may help you identify your goals and prioritize how you spend your time.

Directions:

1) Go to Career Values Card Sort. Read each of the Values cards and sort them into one of the 3 columns, based on how important that value is to you in your work and life.
2) Once you have sorted all the values, look only at the values in your “Very Important” column. Write your Top 5 “Most Important” values below.
3) Looking at the values from the “Somewhat Important” column, narrow the list down to your top 5 values within that column. Write them in the box below labeled “Top 5 Somewhat Important Values”.

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<th>Top 5 Most Important Values</th>
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1 http://www.cce.umn.edu/cardsort/values/
**Reflection Prompts:**

When you meet with your coach, be prepared to discuss the following questions:

- Take a look at your top 5 values. How would you feel if you could just focus your time, energy, and resources on these values for the rest of your life? Would anything be missing? Do these cover what is most important to you?
- Was it difficult to rank and prioritize your values? Why or why not?
- Do any of your values conflict with one another?
- What do these values mean in relation to your future career and life priorities?
- How does this insight help your career and major decision process?
- If you are currently thinking about a particular career path, how well do your values fit?