



# CAREER VALUES

REVIEW YOUR CAREER AND  
IDENTIFY YOUR CAREER  
VALUES.

**BY CHRIS DUDLEY**  
THE COACH COLLECTIVE

## CAREER VALUES

This exercise can be a useful tool in clarifying values related to career satisfaction. Jotting down answers to these questions is a great way of reaffirming values that are priorities for you in your career. Begin by answering the following questions.

WHAT WOULD YOU MISS THE MOST IF YOU LEFT YOUR CURRENT JOB? WHY?

WHAT WAS YOUR BEST JOB EVER? WHY?

WHEN WAS A TIME YOU FELT REALLY ENERGISED IN YOUR JOB? WHY?

WHAT VALUE WOULD YOU NOT COMPROMISE IN A JOB? WHY?





Ability	Calmness	Copiousness	Economy	Fitness
Abundance	Camaraderie	Cordiality	Ecstasy	Flexibility
Acceptance	Candour	Correctness	Education	Flow
Accomplishment	Capability	Courage	Effectiveness	Fluency
Achievement	Care	Courtesy	Efficiency	Fluidity
Acknowledged	Carefulness	Craftiness	Elation	Focus
Adaptability	Certainty	Creativity	Elegance	Fortitude
Adequacy	Challenge	Credibility	Empathy	Frankness
Adroitness	Charity	Cunning	Encouragement	Freedom
Adventure	Charm	Curiosity	Endurance	Friendliness
Affection	Chastity	Daring	Energy	Frugality
Affluence	Cheerfulness	Decisiveness	Enjoyment	Fun
Alertness	Clarity	Decorum	Enlightenment	Gallantry
Aliveness	Classy	Deepness	Entertainment	Generosity
Ambition	Cleanliness	Deference	Enthusiasm	Gentility
Amusement	Cleverness	Delicacy	Exactness	Genuineness
Anticipation	Closeness	Delight	Excellence	Giving
Appreciation	Cognizance	Dependability	Excitement	Grace
Approachability	Comfort	Depth	Exhilaration	Gratefulness
Artfulness	Commitment	Desire	Expectancy	Gratitude
Articulacy	Compassion	Determination	Expediency	Gregariousness
Assertiveness	Competence	Devotion	Experience	Growth
Assurance	Complacency	Devoutness	Expertise	Guidance
Attentiveness	Completion	Dexterity	Exploration	Happiness
Attractiveness	Composure	Dignity	Expressiveness	Harmony
Audacity	Concentration	Diligence	Extravagance	Health
Availability	Confidence	Diplomacy	Extroversion	Heart
Awareness	Conformity	Direction	Exuberance	Helpfulness
Awe	Congruency	Directness	Evolution	Heroism
Balance	Connection	Discernment	Facilitating	Holiness
Beauty	Consciousness	Discretion	Fairness	Honesty
Being-ness	Consistency	Discipline	Faith	Honour
Belongingness	Contentment	Discovery	Fame	Hopefulness
Benevolence	Continuity	Discretion	Fascination	Hospitality
Blissfulness	Contribution	Diversity	Fashion	Humility
Boldness	Control	Dreaming	Fearlessness	Humour
Bravery	Conviction	Drive	Fidelity	Hygiene
Brilliance	Conviviality	Duty	Fineness	Imagination
Briskness	Coolness	Dynamism	Finesse	Impact
Buoyancy	Cooperation	Eagerness	Firmness	Impartiality



Impeccability	Moderation	Privacy	Self-reliance	Thankfulness
Independence	Modesty	Proactivity	Sensitivity	Thoroughness
Industry	Motivation	Proficiency	Sensuality	Thoughtfulness
Ingenuity	Mysteriousness	Professionalism	Serenity	Thrift
Inquisitiveness	Neatness	Prosperity	Service	Tidiness
Insightfulness	Nerve	Prudence	Sexuality	Timeliness
Inspiration	Obedience	Punctuality	Sharing	Traditionalism
Instinctiveness	Open-mindedness	Purity	Shrewdness	Tranquillity
Integrity	Openness	Qualification	Significance	Transcendence
Intelligence	Optimism	Quietness	Silence	Trust
Intensity	Opulence	Quickness	Silliness	Trustworthiness
Intimacy	Order	Realism	Simplicity	Truth
Intrepidness	Organization	Readiness	Sincerity	Understanding
Introversion	Originality	Reason	Skillfulness	Uniqueness
Intuition	Outlandishness	Recognition	Smartness	Unity
Intuitiveness	Outrageousness	Recreation	Sophistication	Usefulness
Inventiveness	Passion	Refinement	Solidarity	Utility
Joy	Peacefulness	Reflection	Solidity	Valour
Judiciousness	Perceptiveness	Relaxation	Solitude	Variety
Justice	Perfection	Reliability	Soundness	Victory
Keeness	Perseverance	Resilience	Speed	Vigour
Kindness	Persistence	Resolution	Spirit	Virtue
Knowledge	Persuasiveness	Resolve	Spirituality	Vision
Lavishness	Philanthropy	Resourcefulness	Spontaneity	Vitality
Leadership	Piety	Respect	Stability	Vivacity
Learning	Playfulness	Restfulness	Stillness	Warmth
Liberation	Pleasantness	Restraint	Strength	Watchfulness
Liberty	Pleasure	Reverence	Structure	Wealth
Liveliness	Plentiful-ness	Richness	Substantiality	Wholesomeness
Logic	Poise	Rigor	Success	Willfulness
Longevity	Polish	Sacredness	Sufficiency	Willingness
Love	Popularity	Sacrifice	Support	Winning
Loyalty	Potency	Sagacity	Supremacy	Wisdom
Majesty	Practicality	Saintliness	Surprise	Wittiness
Mastery	Pragmatism	Sanguinity	Supremacy	Wonder
Maturity	Precision	Satisfaction	Sympathy	Worthiness
Meekness	Pre-eminence	Security	Synergy	Zeal
Mellowness	Preparedness	Self-control	Tactfulness	Zest
Meticulousness	Presence	Selflessness	Teamwork	Zing
Mindfulness		Self-realization	Temperance	

## CAREER VALUES

VALUE

REASON

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



**THE COACH  
COLLECTIVE**  
THECOACHCOLLECTIVE.CO.UK

*Creating results through conversations*