

Value Focus Questionnaire

Area Examples of values include:	Valued focus
WORK SCOPE: having a variety of things to do	
LOCATION: place of work is important to you	
TRANQUILITY: you prefer to have few pressures or demands	
COMPETITION: you enjoy competing against other people or groups	
AUTONOMY: you like to be able to work with minimum supervision	
FLEXIBILITY: you prefer to choose your own times for doing things	
COMPANIONSHIP: you would like to socialise with the people in work	
DYNAMIC ENVIRONMENT: you enjoy working rapidly	
HIGH STATUS: you enjoy being in a position that leads others to respect you	
INFLUENCE: you enjoy responsibility for making key decisions	
CREATIVITY: thinking of new ideas and ways of doing things	
RISKS: you like to take risks	
VIBRANCY: it is important for you to have excitement at work	
REMUNERATION: earning a large amount of money is important to you	
CARING: work that involves helping others individually or in groups	
HIGH PROFILE: you like working for organisations that are well known	
CAREER PROGRESSION: you like to work where there is a good chance of promotion	
CHALLENGE: you enjoy being stretched and given new problems to work on	
PREDICTABILITY: you like a work routine which is fairly predictable	
HIGH PRESSURE: you like working to deadlines	
TEAMWORK: you like to achieve tasks with others	
PHYSICALLY ACTIVE: you enjoy doing something that is physically demanding	
SOLITARY WORKING: you like to work on your own	
AESTHETIC: you enjoy work involving drawing, designing, making music, making models etc.	

COMMUNICATION: you enjoy being able to express ideas well in writing or in speech	
APPRECIATION: you strongly desire recognition for your work	
SECURITY: it is important to know your work is always there for you	
SOCIABLE: you enjoy having a lot of contact with people	
PRECISION: you like working at things which involve great care and concentration	
SOCIALLY CONSCIOUS: you like to think that your work is producing something worthwhile for society	
MANAGERIAL: you enjoy being responsible for work done by others	
INFLUENCING: you enjoy persuading people to buy something or change their minds about something	
KNOWLEDGE: it is important for you to learn new things	
EXPERTISE: you like being known as someone with special knowledge or skills	
<p>EDUCATION and TRAINING</p> <p>Questions to ask yourself with regards to education and training values include:</p> <ul style="list-style-type: none"> • What do you want to study or train in? • How long are you prepared to study or train? • Full-time, part-time or on-the-job? • Are you prepared to pay something towards your study or training? 	
<p>RELATIONSHIPS</p> <p>Questions to ask yourself with regards to Relationship Values include:</p> <ul style="list-style-type: none"> • What sort of partner do you want to be? • If you are single, what sort of relationship would you like? • What is important to you in how you act as a brother/sister/son/daughter/father/mother? 	
<p>FRIENDSHIPS</p> <p>Questions to ask yourself with regards to friendship values include:</p> <ul style="list-style-type: none"> • What is important to you in the friendships you have? • How would you like your friends to think of you? • What new friendships would you like and with what sort of people? 	
<p>RECREATION</p> <p>Questions to ask yourself with regards to recreation values include:</p> <ul style="list-style-type: none"> • What hobbies, sports or other interests are important to you? • What new hobbies, sports and interests would you like to pursue? 	
<p>SPIRITUALITY</p> <p>Questions to ask yourself with regards to spiritual values include:</p> <ul style="list-style-type: none"> • Have I any spiritual values that are religious or non-religious? • How important are these values as guiding principles in my life? 	
<p>HEALTH and WELLBEING</p> <p>Questions to ask yourself with regards to health and wellbeing values include:</p> <ul style="list-style-type: none"> • What things are important to me to increase my health and wellbeing? 	