PERSONAL VALUES & INTERESTS

HOW CAN I DECIDE WHAT MY VALUES ARE?

Self-reflection: Consider moments in your life when you felt happiest or most fulfilled. What were you doing? What values were being expressed in those moments?

Identify role models: Think about people you admire or look up to. What qualities do they possess that you find inspiring?

Examine your reactions: Pay attention to situations or events that make you react (in a good or a bad way). Your reactions can provide insights into your values. For example, if you feel upset when you witness injustice, fairness might be an important value for you.

Consider your priorities: Think about how you spend your time and energy. What activities do you enjoy the most? What goals are you working towards? Your priorities can indicate your underlying values.

Seek feedback: Talk to trusted friends, family members, or mentors about what they perceive as your values. Sometimes, others can offer valuable insights that you may not have considered.

Use tools: There are various quizzes, exercises, and worksheets available online or in self-help books that can help you explore your values. These tools often provide prompts and questions to guide your reflection.

Keep a journal: Writing down your thoughts and feelings regularly can help you gain clarity about your values over time. Reflect on your experiences, beliefs, and aspirations in a journal
.
Experiment: Try out different activities, hobbies, or volunteering opportunities to see what resonates with you.

Give an example of a personal interest of yours and a career you can see yourself doing because of it.

Here are some ideas...

Creative   Fitness   Beauty   Sport   Gaming   Online

Your interests

How it might align to a career

From the list below, which steps would help in creating an effective career action plan. Colour or highlight your choice of answers.

Post everything on Instagram	Emotional Intelligence	Don't plan - it will work out
Know your values	Financial Literacy	Knowing your interests
Copy your best friend	Work Experience	Goal Setting

VCCF Outcome 8.3 - Understand and analyse how personal characteristics (attitudes, interests, values, beliefs and behaviours) influence career decisions

UNDERSTANDING PERSONAL VALUES

1 = Highest   18= lowest

- [ ] **Do What You Love 😍:** Pick a career that gets you excited and matches what you love doing.
- [ ] **Balancing Act ⚖️:** Look for jobs that let you enjoy life outside of work too, like hanging out with friends or hobbies.
- [ ] **Helping Hand 🤝:** If you like helping people, consider jobs where you can make a difference in others' lives.
- [ ] **Money Matters 💰:** Think about careers that can provide the kind of lifestyle you want.
- [ ] **Always Growing 🌱:** Go for jobs that offer chances to learn new things and grow.
- [ ] **Be Creative 🎨:** Love being imaginative? Pick a career where you can use your creativity.
- [ ] **On Your Own 🧗:** If you like making your own decisions, look for jobs where you can be your own boss.
- [ ] **Team Player 🤝:** Enjoy teamwork? Choose careers where collaboration is key.
- [ ] **Challenge Accepted 🧗:** If you love tackling tough problems, find a job that keeps you on your toes.
- [ ] **Stay True ✨:** Choose a job that fits with your personal values and morals.
- [ ] **Green Future 🌍:** If the environment is your thing, look for eco-friendly careers.
- [ ] **Everyone's Included 🌈:** Want a workplace that celebrates diversity? Look for inclusive companies.
- [ ] **Make a Difference 🌟:** Choose a career where you can have a positive impact on the world.
- [ ] **Lead the Way 👑:** If you see yourself as a leader, aim for careers where you can guide and inspire others.
- [ ] **Safe and Sound 🏠:** Prefer a steady, reliable job? Look for careers that offer security.
- [ ] **Earn Respect 🏆:** Want to be recognised for your hard work? Aim for prestigious roles.
- [ ] **Flexible Lifestyle 🧘:** If you want a flexible schedule, look for jobs that offer that freedom.
- [ ] **Tech Wizard 🤖:** Into tech and innovation? There are loads of cool, techy careers out there.

What were your highest ranking items & why?