

## VALUES WORKSHEET

Please read over all the values below. You may define some of these values differently, as they apply to you. You may also add values to this list if you think of any that are not included. Using the list and your additions to it, pick the three values that are most important to you. Write them down. The three values that you've identified are considered your core values. In theory, the absence of these values in any area of your life (personal or professional) might be cause for re-evaluating choices and making potential changes.

- Social Contribution:** Work for the good of society, advance the common good.
- Accomplishment:** Make a lasting contribution; produce results; reach goals
- Aesthetics:** Appreciate and contribute to the beauty of your surroundings, of objects, of ideas.
- Altruism:** Give top priority to the interests and needs of others.
- Belonging:** Be accepted as a worthwhile member of a group.
- Compassion:** Stand with and support others in their need and distress.
- Creative Expression:** Express ideas in novel, innovative and original ways.
- Diversity:** Value and respect differences in people, ideas, situations.
- Exciting Life:** Maintain a stimulating and active life; take risks; try new things.
- Fairness:** Distribute benefits and burdens to others appropriately.
- Family:** Protect and care for those you love and are related to by birth or by law.
- Friendship:** Develop intimate and caring bonds with others.
- Happiness:** Feel joy and emotional well-being.
- Health:** Maintain soundness of body and mind.
- Honesty:** Telling the truth to yourself and others.
- Independence:** Take actions free from the control of others.
- Inner Harmony:** Develop inner peace, free of internal conflicts and confusion.
- Integrity:** Consistency of thought/words/actions: 'what I think is what I say and do'.
- Justice:** Treat everyone the same unless there are relevant moral reasons to treat them differently.
- Loyalty:** Do one's duty, honor allegiances and commitments to obligations.
- Pleasure:** Seek enjoyment and satisfaction of the senses.
- Power:** Exercise control, authority and influence over others.
- Recognition:** Gain positive feedback and perhaps notoriety for a job well done.
- Respect:** Treat other people, animals and the environment with dignity and care.
- Responsibility:** Accountability for actions relating to people, things or results.
- Security:** Be free from fear or danger; exist in a stable environment.
- Self-Respect:** Treat yourself with dignity and care, develop self-esteem.
- Stewardship:** Care for resources and processes entrusted to you.
- Spirituality:** An inner sense of something greater than oneself
- Teamwork:** Act with others toward a shared goal.
- Time Freedom:** Have a flexible schedule with flexible responsibilities.
- Variety:** Engage in frequent changes in activities, locations and people.
- Wealth:** Accumulate money and possessions.
- Wisdom:** Understand what is true, right and lasting.



## Wrap-Up Reflection

**Name:** [Click here to enter text.](#)

**Internship:** [Click here to enter text.](#)

**Quarter:** [Click here to enter text.](#)

**AIP Counselor:** Choose an item.

Please reflect upon the above exercise and your experience at the internship and respond to the following questions. Email or turn in this form to AIP ([aipwebmaster@ucsd.edu](mailto:aipwebmaster@ucsd.edu)) before the end of Week 9.

1. What are your 3 core values? How well do your personal values fit with the organization and/or industry in which you interned?

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2. Think back to the goals you set at the start of the quarter. In what ways were you successful or unsuccessful in accomplishing your goals?

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3. Given what you have learned at your internship about your values, interests and skills, what new goals will you set for yourself? What are your next steps toward achieving those goals?

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