Student Career Development Worksheets

Includes: Values Assessment (3-column format), SWOT Analysis, SMART Goals

# Worksheet 1: Defining My Career Values

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Step 1: Explore the List of Values

Below is a list of values that may guide your career and life choices.
👉 Select 10 values that feel most important to you (circle or mark them).
👉 Then narrow them down to your top 5 values.
👉 Finally, choose your top 2 values — these are your core drivers.

|  |  |  |
| --- | --- | --- |
| ☐ Achievement | ☐ Effectiveness | ☐ Approachability |
| ☐ Adventure | ☐ Belonging | ☐ Justice |
| ☐ Energy | ☐ Excitement | ☐ Teamwork |
| ☐ Consistency | ☐ Balance | ☐ Acknowledgement |
| ☐ Accessibility | ☐ Ambition | ☐ Control |
| ☐ Celebrity | ☐ Charity | ☐ Being the best |
| ☐ Logic | ☐ Cooperation | ☐ Contentment |
| ☐ Affluence | ☐ Calmness | ☐ Playfulness |
| ☐ Discretion | ☐ Directness | ☐ Appreciation |
| ☐ Care | ☐ Reason | ☐ Drive |
| ☐ Diversity | ☐ Capability | ☐ Challenge |
| ☐ Reliability | ☐ Location | ☐ Family |
| ☐ Commitment | ☐ Clarity | ☐ Resourcefulness |
| ☐ Efficiency | ☐ Freedom | ☐ Compassion |
| ☐ Completion | ☐ Satisfaction | ☐ Encouragement |
| ☐ Honesty | ☐ Creativity | ☐ Courage |
| ☐ Self-reliance | ☐ Expertise | ☐ Humility |
| ☐ Decisiveness | ☐ Courtesy | ☐ Service |
| ☐ Financial independence | ☐ Ingenuity | ☐ Determination |
| ☐ Credibility | ☐ Sincerity | ☐ Fun |
| ☐ Integrity | ☐ Diligence | ☐ Dignity |
| ☐ Spontaneity | ☐ Growth | ☐ Leadership |
| ☐ Discipline | ☐ Dependability | ☐ Health |
| ☐ Loyalty | ☐ Dynamism | ☐ Empathy |
| ☐ Selflessness | ☐ Hospitality | ☐ Maturity |
| ☐ Education | ☐ Enjoyment | ☐ Silence |
| ☐ Liberty | ☐ Openness | ☐ Excellence |
| ☐ Faith | ☐ Success | ☐ Organization |
| ☐ Originality | ☐ Fairness | ☐ Imagination |
| ☐ Support | ☐ Inspiration | ☐ Popularity |
| ☐ Fitness | ☐ Harmony | ☐ Thoroughness |
| ☐ Motivation | ☐ Power | ☐ Focus |
| ☐ Hygiene | ☐ Understanding | ☐ Security |
| ☐ Precision | ☐ Privacy | ☐ Intuition |
| ☐ Respect | ☐ Knowledge | ☐ Proactivity |
| ☐ Friendliness | ☐ Kindness | ☐ Learning |
| ☐ Openmindedness | ☐ Professionalism | ☐ Helpfulness |
| ☐ Recognition | ☐ Flexibility | ☐ Order |
| ☐ Resilience | ☐ Impartiality | ☐ Intelligence |
| ☐ Variety | ☐ Perfection | ☐ Stability |
| ☐ Generosity | ☐ Making a difference | ☐ Meticulousness |
| ☐ Mastery | ☐ Happiness | ☐ Gratitude |

## Step 2: My Top 10 Values

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Step 3: My Top 5 Values

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Step 4: My Core 2 Values (Drivers)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Step 5: Reflection Questions

1. How do my top values influence the type of work I want to do?
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Are my current studies, job, or career path aligned with my values?
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. What actions can I take to live my values more fully in my career?
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