

# Values exercise

Type:

Career planning

[Download \(self assessment exercise.docx - 750.46 KB\)](#) <sup>[1]</sup>

Try out this exercise to help you identify your values. It will support the [self-assessment part of our career management framework](#) <sup>[2]</sup>.

Your values are unique to you and your guiding principles. They give you purpose in both work and your personal life. Understanding your values can help you to:

- set clear goals for the future which are worthwhile and have value
- improve the quality of your decisions
- provide some back-up support for you in those times when you feel confused or when you're in a period of transition

Values can be used as a reference point for those job role(s) you are interested in working in.

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**Source URL:** <https://www.healthcareers.nhs.uk/career-planning/resources/values-exercise>

## Links

[1] <https://www.healthcareers.nhs.uk/sites/default/files/documents/self%20assessment%20exercise.docx>

[2] <https://www.healthcareers.nhs.uk/career-planning/planning-your-career/self-assessment>