

## HANDOUTS FOR MENTEES

### Exercise no. 2. "Test of job values"

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#### Task for mentee:

- There are two steps in this exercise. In the first step you will evaluate the meaning of each value in **your life** and in the second – in **your work**.
- There is a list of values below. Each value is accompanied by a short description.

#### 1 step:

Study this list of values and think of how much each value may act as a guiding principle in your life. Your goal is to evaluate how important each value is **in your life**.

Please select your answer by using a scale from 1 to 7. If the listed value is very important for you, please mark number 7. In case the value is not important at all, please mark number 1. In case your answer would be somewhere in the middle, please select between the scale from 2 to 6.

**Pleasure:** an enjoyable, leisurely life

	1	2	3	4	5	6	7	
Not important at all								Very important

**A World at Peace:** a world free of war and conflict

	1	2	3	4	5	6	7	
Not important at all								Very important

**A Sense of Accomplishment:** a lasting contribution

	1	2	3	4	5	6	7	
Not important at all								Very important

**True Friendship:** close companionship

	1	2	3	4	5	6	7	
Not important at all								Very important

**An Exciting Life:** a stimulating, active life

	1	2	3	4	5	6	7	
Not important at all								Very important

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**A Comfortable Life:** a prosperous life

	1	2	3	4	5	6	7	
Not important at all								Very important

**Family Security:** taking care of loved ones

	1	2	3	4	5	6	7	
Not important at all								Very important

**Freedom:** independence and free choice

	1	2	3	4	5	6	7	
Not important at all								Very important

**Health:** physical and mental well-being

	1	2	3	4	5	6	7	
Not important at all								Very important

**Social Recognition:** respect and admiration

	1	2	3	4	5	6	7	
Not important at all								Very important

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#### Task for mentee:

##### 2 step:

When you have finished ranking all 10 values, continue and rank the next 10 values in the same way, but now you should think about how much you expect that these values have to be **in your job**.

**Pleasure:** an enjoyable, leisurely life

	1	2	3	4	5	6	7	
Not important at all								Very important

**A World at Peace:** a world free of war and conflict

	1	2	3	4	5	6	7	
Not important at all								Very important

**A Sense of Accomplishment:** a lasting contribution

	1	2	3	4	5	6	7	
Not important at all								Very important

**True Friendship:** close companionship

	1	2	3	4	5	6	7	
Not important at all								Very important

**An Exciting Life:** a stimulating, active life

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**Family Security:** taking care of loved ones

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#### Results

Now, when you have finished ranking all 10 values on their importance in your life and in the work you search for, please complete the tables below.

#### Ranked values by importance in your life

No.	Value	Importance in our life
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

#### Ranked values by importance in your job

No.	Value	Importance in our job
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		