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**Values Exercise – Your priorities**

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| --- | --- | --- | --- | --- |
| Look at the following factors and decide how important they are to you. ‘Not important means that you don’t really mind about this factor. ‘Avoid’ means that you would rather not have this in your career choice | Very important | Quite important | Not important | Avoid |
| Organisation – Working in a well-known hospital or service |  |  |  |  |
| Community – Working in a place where you can get involved in the local community. |  |  |  |  |
| Physical challenge – Work that is physically demanding |  |  |  |  |
| Flexible working – A role in which there is the possibility o f working part-time |  |  |  |  |
| Job security – Knowing that your work will always be there for you |  |  |  |  |
| Being expert – Being known as someone with specialty knowledge of skills |  |  |  |  |
| Research – Having the opportunity to carry out research |  |  |  |  |
| Supervision – Having responsibility for supervising others |  |  |  |  |
| Learning – A rapidly changing role in which you will continually be learning new things |  |  |  |  |
| Types of patients – Working with a particular patient group |  |  |  |  |
| Helping people – A role which you help individuals, groups or society in some way |  |  |  |  |
| Predictability – Having a routine which is fairly predictable |  |  |  |  |
| Working with others – Working in a team alongside others |  |  |  |  |
| Teaching – Being able to teach others |  |  |  |  |
| Challenge – Being ‘stretched’ and given new problems to work on |  |  |  |  |
| Competitive – Working in a specialty to which entry is highly competitive |  |  |  |  |
| Pace of work – A rapid pace of work |  |  |  |  |
| Respect – A high-status job |  |  |  |  |
| Excitement – Working in a context where you take clinical decisions under pressure |  |  |  |  |
| Community setting – Working in a community-based specialty |  |  |  |  |
| Contact with patients – Working in a context where you have lots of contact with patients |  |  |  |  |
| Promotion – Work in which there is a good chance of promotion |  |  |  |  |
| Continuity of care – Being able to provide continuity of care for your patients |  |  |  |  |
| Money – The possibility of earning a high salary |  |  |  |  |
| Friends – Forming friendships with colleagues at work |  |  |  |  |
| Managing your time – Some flexibility in when you carry out your different responsibilities |  |  |  |  |
| Creativity – Thinking up new ideas and ways of doing things |  |  |  |  |
| Techniques – Being able to perform particular surgical and/or diagnostic procedures |  |  |  |  |
| Recognition – Receiving appreciation for the work you do |  |  |  |  |
| Precision – Working at tasks which involve great care and precision |  |  |  |  |
| Place of work – Working in a specific part of the country |  |  |  |  |
| Variety – Having a variety of different responsibilities |  |  |  |  |
| Independence – Being able to work on your own |  |  |  |  |
| Managing others – The opportunity to manage a clinical service |  |  |  |  |
| Hospital based – Working in a hospital-based specialty |  |  |  |  |
| Controllable lifestyle – Being able to achieve a satisfactory work/life balance |  |  |  |  |
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Now rank the factors within each level of importance of priority. (Obviously, things that are ‘Not important’ don’t need ranking!)

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| --- | --- | --- | --- |
|  | Very important | Quite important | Avoid |
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