

IDENTIFY YOUR CAREER ANCHORS

Values act as anchors—they keep you steady and on the right course even when you encounter changes in your life. The values that are important to you also serve as anchors in your career. Career anchors are long-term, relatively stable motivations and needs that guide your career choices and influence what makes you feel satisfied in your work.

1. Identifying your values

- What are your most important values?

2. Clarifying your values through writing

- What observations did you make about relationships?
- What observations did you make about leisure time?
- What observations did you make about work and study?
- What observations did you make about personal growth and health?

3. What are your three most important career anchors?

- How have they manifested themselves or been realized in your career so far?
- How would you like the values that are important to you to be reflected in your future career?

Read more in the Metropolia Career Guide behind the QR code

