

What I Want from Work

This worksheet is designed to help you think through what you value and what you would like to get from your career. It is meant to get the ideas flowing and start to help you prioritize what is most important to you in your career. After answering all of the questions – look at the three to five items your rated the highest – those are your career priorities! Also, feel free to add other priorities that weren't captured by the exercise.

1. What excites you most in your life? What makes you look forward to getting out of bed? What do those things have in common? (For example, require creativity; help others; are physically active; are challenging)?

List two things the activities that excite you have in common & rate how important it is for you to have that in your career.

a.

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

b.

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

2. Think about two or three things at which you have excelled. What have you been really good at or received praise for? What did those things have in common? (For example, required your leadership, involved treatment, used your organizational and planning skills).

List two thing the activities that you excel at have in common & rate how important it is for you to have that in your career.

a.

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

b.

Not at all important	1	2	3	4	5	6	7	Very Important
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3. Think of three to five people whose careers you really admire. What do they do? What do their careers have in common? (For example, help others, are innovate or creative, pay well or are high prestige).

List two thing the careers of those who you admire have in common & rate how important it is for you to have that in your career.

a.

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

Not at all important	1	2	3	4	5	6	7	Very Important
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4. If money were no object, how would you spend your days? What activities would you spend the most time on? What would make you choose those activities? What do you those activities have in common?

List two thing those activities have in common & rate how important it is for you to have that in your career.

a.

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

Not at all important	1	2	3	4	5	6	7	Very Important
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5. What are you naturally curious about? What do you ask a lot of questions about, read books about, or seek out information about online?

List two things that you are naturally curious about & rate how much you would

like to / how important it would be for you to work in that area.

a.

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

b.

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

6. What kind of work environment would you prefer?

a. What would be your ideal (somewhat realistic!) salary?

How important is it that you receive that salary?

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

b. What culture would you like your workplace to have? (For example, formal, casual, flexible, structured)

How important is it that culture to you?

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

c. Do you prefer to work independently or collaboratively / as part of a team?

How important is it that to you?

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

d. How do you feel about long hours or being expected to be available outside of scheduled hours?

How important is work / life balance to you?

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

