

Deal Makers & Breakers

This exercise is designed to help you get clarity about what's important to you in your job / career.

Write down a list of qualities you'd be looking for in a job (you can use the list below to help you out).

EXAMPLES

- My work is valued
- I have a good salary (define it!)
- I can get promoted within the company
- I should have good work/life balance
- My work offer challenges
- I can work from home
- I have supportive supervisors & colleagues
- I should have a short commute
- I get to make my own hours
- I feel like I'm having an impact
- I get enough vacation time (define it!)
- I get to physically move enough
- My job should be rather stable
- I don't have to work on weekends
- Provides good health insurance
- I have autonomy in my decisions

Write down a list of qualities you will not tolerate in your job (you can use the list below to help you out).

EXAMPLES

- Salary below X (define it!)
- Micro-managing superiors
- Constant high pressure
- Working on weekends
- Constantly having to travel
- Inflexible work hours
- Can't work from home
- Very competitive colleagues
- Not having job security
- Too high expectations

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How does your present position meet or fail to meet your requirements?

What job or career would allow you to respect both your "deal-makers" and "deal-breakers"?

What are your next steps?