#### What is important to you?

Before you start looking for new job-related tasks or perhaps even start looking for a new employer, it is worth considering what you value in you career and working life. Being aware of your needs and wishes for a career is an ongoing process and can change over time. Spending some time thinking about what is important to you can lead to a great deal of personal insight.

Below are a number of factors that play a role in your choice of career. The list is far from complete, so you are welcome to add factors.

**1: Very important 2: Important 3: Less important 4. Not important**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** |
| Recognition |  |  |  |  |
| Challenges |  |  |  |  |
| Predictability |  |  |  |  |
| Collaboration |  |  |  |  |
| Collegiality |  |  |  |  |
| Competition |  |  |  |  |
| Contributing to society |  |  |  |  |
| Control |  |  |  |  |
| Creativity |  |  |  |  |
| Detailed work |  |  |  |  |
| Development |  |  |  |  |
| Entrepreneurship |  |  |  |  |
| Expertise |  |  |  |  |
| Fairness |  |  |  |  |
| High pace |  |  |  |  |
| Feedback |  |  |  |  |
| Flexibility |  |  |  |  |
| Geographic location |  |  |  |  |
| Helping others |  |  |  |  |
| High pace |  |  |  |  |
| High pay |  |  |  |  |
| High standards |  |  |  |  |
| Heavy workload |  |  |  |  |
| Humour |  |  |  |  |
| Independence |  |  |  |  |
| Influence |  |  |  |  |
| Intellectuality |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** |
| Job satisfaction |  |  |  |  |
| Job security |  |  |  |  |
| Proximity |  |  |  |  |
| Management |  |  |  |  |
| Opportunity for advancement |  |  |  |  |
| Calm atmosphere |  |  |  |  |
| Power |  |  |  |  |
| Risk |  |  |  |  |
| Routine |  |  |  |  |
| Meaningfulness |  |  |  |  |
| Teamwork |  |  |  |  |
| Travel |  |  |  |  |
| Different tasks |  |  |  |  |
| Leisure time |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Based on the table above, which five factors are the most important to you?

|  |  |
| --- | --- |
| **The most important factors** | **To what extent are they being met currently?** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

#### Reflection:

Is there anything that you wish was different?   
What would you like to change?