#### 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**

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|  | **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  |  |  |  |  |

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

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| **The most important factors** | **To what extent are they being met currently?** |
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#### Reflection:

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