

Ideal Career

The following exercise will help you articulate the qualities you desire in your Ideal Career. Please do not read ahead. Do each part of the exercise and then move on to the next part.

1. Describe **Your Ideal Career** – all the characteristics of your ideal career including but not limited to salary, work hours, type of boss, colleagues, etc.
 - Since it is likely you have come up with a long list it is important to focus on what you really want. Once you have a list of adjectives highlight the top 5 characteristics your ideal career **MUST HAVE**.
2. Then describe **The Job From Hell** - Write about a job you couldn't stand to work every day. Qualities of a boss you could not stand. Describe characteristics from past jobs that made you unhappy.
 - Once you have all the adjectives highlight the 5 items your career **MUST NOT HAVE** - these are your deal-breaker characteristics.
3. Then describe the type of person **YOU HAVE TO BE to attract your IDEAL CAREER** - describe the values, characteristics, conduct and habits you would need to attract/be qualified for the ideal career you described.
 - Since we cannot be all things to all people once you have your list of adjectives highlight the 5 characteristics that show off your **BEST SELF** at work.
4. If you currently have a job that is not your ideal career individually rate your job on a scale of 0-5 (0 being does not have any of the traits you described - 5 being it describes the career perfectly) for each of your top 5 **MUST HAVES**, top 5 **MUST NOT HAVES** and then rate yourself on each of your top 5 **BEST SELF** characteristics.

Congratulations!! This is now the window by which you determine your satisfaction in your current job and/or the standards by which you choose new employment.



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