



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 that 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**.

5 MUST HAVE TRAITS

1.

2.

3.

4.

5.



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2. **Then describe The Job From Hell** - Write about a job you couldn't stand to work every day, including qualities of a boss you could not stand to report to, or co-workers you didn't like to work with. 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.

5 MUST NOT HAVE TRAITS

1.

2.

3.

4.

5.

3. Then describe the type of person **YOU HAVE TO BE to attract your IDEAL CAREER** - describe the values, characteristics, conduct and habits you 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.



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BEST SELF TRAITS

1. _____
2. _____
3. _____
4. _____
5. _____

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 HAVE's**, top **5 MUST NOT HAVE's** and then rate yourself on each of your top **5 BEST SELF** characteristics.

On a scale of 0-5 (0 being does not have any of these traits - 5 describes career perfectly) for **MUST HAVES**

1 2 3 4 5

On a scale of 0-5 (0 being does not have any of these traits - 5 describes career perfectly) for **MUST NOT HAVES**

1 2 3 4 5

On a scale of 0-5 (0 being does not have any of these traits - 5 describes me perfectly) for **BEST SELF**

1 2 3 4 5

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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Laura Treonze, serves as Chief Life Strategist with **LMT Consulting**, which helps individuals and companies create massive success through self-awareness.

LMT Consulting was founded on the core belief that behavioral understanding is the key to personal and professional success. By uncovering natural behavioral styles we help growth-minded individuals build plans that focus on their personal strengths. We provide the tools to help people understand how to show up as their best self in all situations so they can manage their energy

instead of their time, direct conversations instead of reacting to them, and communicate with everyone at a higher level. Unlike traditional business coaching, we know personal lives play a huge role in how people show up professionally. Our coaching programs are specifically designed to help you understand and articulate what you really want so you can create your ideal work-family balance.

LMT Consulting executive and life coaching has transformed and redefined the way non-profits, small teams and corporations “do” business. Our coaching is proven to boost individual confidence, increase self-awareness, improve group understanding, reduce conflict, improve team-building, and enhance commitment in all aspects of life.

It became apparent that the work **LMT Consulting** was doing to help companies, teams and business leaders with behavioral understanding was needed outside of the office and taken to a more personal level. Many of the issues that cause people to seek executive coaching also apply to parents and their interactions with their children. **LMT Consulting** is dedicated to empowering families to live healthier, happier, more resourceful, and resilient lives by increasing self awareness of the strengths of every member of the family, understanding how children process information and how to communicate more effectively with each other through its innovative *“The Social Behavior of Families”* Training.

At **LMT Consulting** *“Our mission is to help people do and be more than they thought physically, mentally, spiritually and financially possible while building businesses and lives worth talking about.”*

Reach out to us today and start on the exciting path of behavioral understanding, awareness and development! Isn't it time for you to *build a business and life worth talking about?*

To learn more about our services, please go to www.lmtworthtalkingabout.com

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