

**5 Elements of a Job You Would Really Like to Have**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

**5 Elements of a Job You Would Not Want to Have**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

**Up to 5 Job Titles or General Job Positions You Would Like to Have**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

**Comments**

Take your time with this exercise. If you finish in 10 minutes, you need to dig deeper.

“Like” vs. “Would not want to have” are not meant to be opposites, or obvious. E.g.,

- Obvious: "I want to work 40 hours a week, or regular hours"
- Opposite: "I do not want to work more than 40 hours a week"
  
- Like: Think of times you were so excited from something that happened at work (or something you did at work), that you couldn't wait to get home and share it with your companion, or you woke up thinking about it.
- Would not like: Think of a time something happened at work that affected you so negatively that you did not want to return to work the next day.

After completing this work the first time, set it aside overnight and look at it again the next day. Print it out and post it in a place that you will see it every day (refrigerator, by your computer, bathroom mirror). Consider this a working document.

Throughout your job search, your ideas about what you want or don't want in a job will change as you continue to reflect, explore options, and clarify what it is you really care about.