



Drop-Dead List

What is really important to you? What are your values? What rules do you live by?

(Include those you just can't work with, for example if honesty is important to you, you might write that you will not work with dishonest people.)

What is your idea of the perfect job? Be expansive and detailed in your thinking, e.g. *A job where I work in a close group of about five people, both men and women – I like them as people, and they make me laugh. We are working on something I feel is really important and the others share that sense of importance. We are working on something exciting, that has an 'end', like an event or a project. There is nice, healthy food to eat for lunch somewhere nearby. I have to do some writing, but not a huge amount, and I don't have to do any numbers or working with figures. I feel I can rely on the team, and they rely on me. I am my own boss and I am free to create my own tasks and deliver as I see fit. People look to me for assistance and advice. If I have a 'boss', this relationship feels like we are peers.*

What are your 'deal-breaker' requirements?

- \$
- Travel distance/time
- Travel type
- Level of work
- Type of work (what industry, what kind of job, part-time/full-time)
- Conditions – leave, flexibility, etc
- Any restraints or constraints (e.g. physical limitations)
- Work alone/in a team/both
- What else?

**DROP DEAD LIST
(need)**

WISH LIST (want)

What is your wish list for things you *wish* you could have in a job?





What are you good at?

Now, what are you *REALLY* good at? (This does NOT have to relate to jobs or work, think about you in your whole life. Although they may be on your list, for example cooking or basketball, a more personal example might be, 'I am really good at paying attention to children, making them feel heard and then surprising them with something they don't expect to hear from an adult.')

What do you like doing?

What did you enjoy spending time doing as a child?

When do you feel/have you felt 'in the flow'? When do you completely lose track of time while doing something? (Again, not necessarily in a work situation, could be while knitting!)

What do you really not want to do? What fills you with dread? (e.g. Working on my own in a room with no windows. Having to work on my own. Having a micro manager as a boss. No flexibility in terms of when and how I work.)





When you have had a *really* good day at work, describe how you are and how you feel when you get home at the end of the day. *(e.g. I collapse, physically exhausted into a chair and my brain is buzzing and feels a little fried because I have been using it all day. I feel contented and I go over in my head something nice someone said to me, and also a comment someone who I respect made to me about the good work I was doing. I feel satisfied with how what I did turned out today and feel excited thinking about tomorrow when I go back!)*

Think of a time at work (volunteer or paid) where you were most happy? What was it about that time that made you happy? *(e.g. I was doing things that pushed me out of my comfort zone, but not too far, I loved the people I was working with, I had fun and laughed properly, many times every day)*

What else haven't you said about jobs/careers above? Include both the good and the bad! *(I don't deal well with incompetence especially in leadership or I love working with a well-run and handled team)*

NOW, tell me about what you want in a job/new career. What are the *really* important parts of your answers that stand out to you?

