

Your Ideal Job Exercise

Take an entire week to complete the following exercise. The goal is to visualize your ideal job and what you want and do not want in your next career position. The process will assist you in creating a development commitment plan.



Complete the chart below, using the following nine steps.

Step 1 In the first column, answer the following question: <i>"What do you have in this job or that you had in past jobs that you <u>do not</u> want in your next career position (work tasks, environment, types of people, etc.)?"</i>	Step 6 When preparing your goals, do not set any goals related to column one. Step 7 Do include in your commitment plan those things that must be included in your next career position.
Step 2 In the second column, answer the following question: <i>What do you have in this job, or had in past jobs, that <u>you want</u> in your next career position.</i>	Step 8 Identify those items in column three by placing a (-) that require development activities. These activities can become part of your commitment plan.
Step 3 In the third column, answer the following question: <i>What have you <u>not had</u> in a job that you want as part of your next career position?</i>	Step 9 Commit five items that are "non-negotiable" in any position. Place an + next to these items. <i>What are the things you have in this job, or had in past jobs, that you <u>do not</u> want as part of your next job?</i> <i>What are the things you have in this job or had in past jobs, that you <u>do want</u> as part of your next job?</i> <i>What have you not yet had in a job that <u>you want</u> as part of your next job?</i>
Step 4 During the week, add or delete items in either column.	
Step 5 Highlight those items in each column that speak to you loudly.	

Column One	Column Two	Column Three
"What are the things you have in this job or had in past jobs that you do not want as part of your next job?"	What are the things you have in this job or had in past jobs that you do want as part of your next job?"	"What have you not yet had in a job that you want as part of your next job?"

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