


"Your Perfect Job"

1. Imagine your perfect job, no reality constraints.
2. You set the hours.
 - What time do you wake up?
 - When does your work day begin?
 - When does it end?
3. What do you wear to work?
4. Where do you work?
 - What's the environment: urban, suburban, rural?
 - How much time do you spend indoors? Outdoors?
 - What kind of setting: office, classroom, medical facility, art studio, theater, retail store?
5. How do you spend your day?
 - What activities do you engage in : thinking, writing, problem solving, in meetings, on the telephone, presenting to groups, traveling to several locations, producing a product, trying to persuade or influence, providing a service, driving, training, painting, singing, directing, analyzing data etc.....
6. What are your tools?
 - A desk, computer, telephone, paint and brushes, a car, a microphone, a musical instrument, a fabric, a library etc.....
7. How much time are you alone and how much time with other people?
 - What are you doing when you are alone? When you are with other people?
 - How do you interact with others?
 - What's the purpose of the interaction? Selling, helping, persuading, teaching, sharing feelings, problem-solving, exchanging ideas, facilitating etc?
 - Are you interacting more with people within or outside of your organization?

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- What are the people like? Are they young, old, professionals, technical people, creative, supportive, cooperative, competitive, highly motivated, laid back etc?
 - What do you get from the interactions? What do you give?
8. Do you work for yourself or someone else?
- Do you supervise others?
 - Are you supervised? How closely? With how much structure?
 - What is your role in decision-making? What's the decision-making rhythm?
9. How predictable is your day?
- How much variety is there to your activities?
 - How much routine?
10. How challenging is your work?
- What's the pace?
11. How much do you earn each year/month?

If you find this exercise too difficult, try to design your “Job from Hell” first. Write down everything you hate about every job you have ever had. Now take every detail and find it's opposite.

Enjoy the process!
Kim