

# Career Deal Makers & Breakers

This exercise is designed to get clarity about what's important to you and what you will not tolerate in your new job or career. This will help you take charge of your life rather than letting it control you, and get closer to the life you've always imagined.

01

Write down a list of qualities you'd be looking for in a job (you can use the list below to help you out our write your own)

EXAMPLES

- My work is valued
- I have a good salary (define it!)
- I can get promoted within the company
- I should have good work/life balance
- My work offer challenges
- I can work from home
- I have supportive supervisors & colleagues
- I should have a short commute
- I get to make my own hours
- I feel like I'm having an impact
- I get enough vacation time (define it!)
- I get to physically move enough
- My job should be rather stable
- I don't have to work on weekends
- Provides good health insurance
- I have autonomy in my decisions

02

Write down a list of qualities you will not tolerate in your job (you can use the list below to help you out our write your own)

EXAMPLES

- Salary below X (define it!)
- Micro-managing superiors
- Constant high pressure
- Working on weekends
- Constantly having to travel
- Inflexible work hours
- Can't work from home
- Very competitive colleagues
- Not having job security
- Too high expectations

# Career Deal Makers & Breakers

01 How does your present position meet or fail to meet your requirements?

02 What job or career would allow you to respect both your “deal-makers” and “deal-breakers”?

03 What are your takeaways from this exercise and how will you apply this in your professional life?