



Reflection: Job, Work Environment, and Boss

Part 1: What do your ideal job, work environment, and boss look like? List what you Want and Do Not Want in each category.

Job

<u>Want</u>	<u>Do Not Want</u>

Work Environment

<u>Want</u>	<u>Do Not Want</u>

Boss

<u>Want</u>	<u>Do Not Want</u>



Part 2(a): If your goal is to find a new position elsewhere:

- Do you want to do the same job in a different environment, or are you interested in exploring other positions?
- If you want to do the same job:
 - o What can you do to learn about available opportunities?

 - o What can you do to ensure that you will not have a repeat experience doing the same job in a new environment?
- If you want to explore other positions:
 - o How can you use the items in your above “Want” and “Do Not Want” lists to inform the type of position(s) that would be a good fit for you?

 - o Once you’ve identified the type of position(s) you think would be a good fit for you, what can you do to:
 - Learn about available opportunities

 - Learn whether your “Wants” and “Do Not Wants” will be present if you were hired in such a position

 - o What can you do to ensure that you will not have a repeat experience starting a new position in a new environment?
- As you continue your journey to a new position, are there any changes you could make to your life outside of work that may have a positive impact on your day-to-day experience?

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Part 2 (b): If your goal is to continue working in your current position:

- Which of your “Want” items exist in your current employment?

- Which of your “Do Not Want” items exist in your current employment?

- Is there anything you can do to experience more “Wants” in your current employment?

- Is there anything you can do to experience less of your “Do Not Wants” in your current employment? (i.e., are there any that are in your control either on your own or through enlisting help from someone else?)

- Are there any changes you could make to your life outside of work that may have a positive impact on your workday experience?