As you progress with your self-assessment, it is important to consider what you can learn from work now and in the past. What gives you satisfaction? What does not? What situations are energizing/draining? What do you want more of or less of in your work situation?

1. What things at work are most enjoyable and energizing for you? List five to ten if possible.

2. What types of projects or work do you like the best?

3. Under what type of management/supervision do you thrive?

4. What things at work are most draining, frustrating, or irritating to you? List five to ten if possible.

5. What types of interactions do want to have and hope to avoid with people in your work?

These insights can be powerful as you consider the next step for yourself professionally. As you move forward, you will want to find jobs that satisfy you, and you may have to set priorities among some of these elements. There are no perfect jobs, but a job with at least 70 % match is worth serious consideration.