# Career Reflection Worksheet

Take a minute to fill out the answers to each of these questions. Pay attention to your first thoughts, but also make sure you take time to be introspective, to let yourself become aware of needs you might have ignored in the past.

**Boss**

* What kind of boss do you want?
* Who was your favorite boss and why?
* What kind of communication do you prefer with your boss?
* What do you consider respectful treatment?
* ***Describe your ideal boss***

**Rewards**

**Give these three types of rewards a value from 1-3 with 1 being the most important to you. Why did you answer that way?**

* Public recognition
* Salary, bonuses, etc.
* Experience in a new area
* Pat on the back from your...

Boss

Team

Customer

* ***When did you feel most valued and why?***

**Rules/Structure**

* What rules and structure are important to you at work?
* How do you feel about having choices left up to you without clear direction from a supervisor?
* Do you like to “wing it”?
* In the past, when has there been the right balance between structure and freedom at work?
* ***How much structure do you need and who do you want to create that structure?***

**Team**

* What is your optimal team size?
* What your favorite type of team structure?

Hierarchical

Small and Collaborative

* Do you like to manage? Are you a leader?
* ***Describe your ideal Team***

**Emotional Environment**

* Do you like to be able to talk about how you feel about a project or interaction at work or do such conversations make you uncomfortable?
* What past work situation has struck you as having the right blend of emotional content and distance from emotion?
* ***Describe the ideal emotional environment at work***

**Variety**

* Are you a generalist or a specialist?
* Do you get bored easily?
* Do you like to do new things?
* Do you like to multi-task?
* On a scale of 1-10 how much variety do you need on a daily or weekly basis? One, in this case, is none. Ten is constant variety.
* ***What job in the past had the right amount of variety or lack of variety of work?***

**Activity**

* Do you like a busy schedule?
* Do you like personal control over your schedule?
* Do you like to be up and about?
* Do you get the activity you want at work?
* ***When have you felt the best at work physically and why?***