

## CURRENT WORK ANALYSIS

**A**s you progress with your self-assessment, it is important to consider what you can learn from work now and in the past. What gave you satisfaction? What did not? What situations were really irritating or caused you anxiety? What do you want more of or less of in your work situation? Let's get some of those answers out on the table for examination.

Find a quiet place to work so that you can consider calmly and thoroughly your responses to these questions. Please write down your answers for future use.

1. What things at work are most enjoyable for you? List five to ten if possible.
2. What type of projects or work do you like the best?
3. What type of management fits you best?
4. What things at work are most frustrating or irritating to you? List five to ten if possible.
5. What type of interactions with people are upsetting to you?
6. What situations are most uncomfortable for you?

These insights can be very 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 a 70 percent approximate match is worth serious consideration.