

**Lifestyle Preferences**

Thinking about your future lifestyle, what do you see? What factors are important in deciding where to live? What activities do you feel will be most important to you in your future life? What do you want out of your career, and how can you ensure that your career and your lifestyle choices coincide with one another? These are all critical to consider when thinking about your future career path and life. **Circle 3-5 lifestyle values you deem most important in your post-graduate life.**

House Access to restaurants/entertainment Outdoor activities Live near workplace/short commute

Apartment Affordability Work/life balance Lots of free time

Rural setting Being active in the community Travel for pleasure Live near family and/or friends

Suburbs Owning many possessions Access to sports Live near water

City life Quality schools Active family life Live near mountains

Warm climate Cultural activities Diversity Robust job opportunities

**Career Values**

Thinking about your future career, including its fit with your preferred lifestyle, what do you consider most important? What would be most rewarding to you? In selecting a satisfying future career, it’s important to consider your values and lifestyle preferences. **From the following list of values, circle 3-5 that you consider most important in your career. Cross out 3-5 values that are least important to you.** Think about what these choices tell you about your future career path. What value would you be most willing to compromise? Which of your top five values might you be willing to trade off to accomplish a different goal?

Opportunity for growth/advancement Limited workload/hours Competition

Money/financial rewards Location of the workplace Office work

Working for something you believe in Intellectual challenging work Outdoors work

Prestige/recognition Power/authority Physically active work

Enjoyable work tasks Lack of worries Adequate time for personal life

Vacation/benefits Being considered an expert Enjoyable colleagues

Learning from the job Independence on the job Job security

Ability to travel regularly Clear expectations Chance to make an impact

Having your own office Room for creativity Low pressure

Teamwork Entrepreneurship Helping others

Professional stature Well-known company or organization Being on the cutting edge

Meeting family expectations Innovation Stability