**Rate the factors below in terms of importance to you, try to use the full range of scores.**

**4 = very important 3= important 2= less important 1=not important**

|  |  |  |
| --- | --- | --- |
| **Factors** |  | **Rating (1–4)** |
| **Making decisions, and working independently**  | **autonomy**  |  |
| **Change or variety in tasks, people, places** | **variety**  |  |
| **Scope to learn, study, think, analyse** | **development** |  |
| **Having contact with people professionally**  | **being social** |  |
| **Earning enough money to maintain/improve my life style**  | **income** |  |
| **Expressing ethical code or religious beliefs** | **being authentic** |  |
| **Using talents, strengths and skills**  | **being challenged** |  |
| **Having influence or responsibility for others or resources**  | **managing**  |  |
| **Enjoying or making beautiful designs or things**  | **artistic**  |  |
| **Getting promotions, career progression** | **ambition** |  |
| **Helping or caring for others**  | **caring**  |  |
| **Importance of environment or location to self**  | **wellbeing**  |  |
| **Being original, developing new ideas** | **creative** |  |
| **Activity, keeping moving, handling things** | **physical**  |  |
| **Dealing with uncertainty**  | **risk taking**  |  |
| **Being secure in a job**  | **stability**  |  |

**(adapted from Career Planning Workbook 2019 and ‘Succeed in the workplace’ BOC )**