

Name _____

Date _____

Lifestyle Choices Affect Career Choices

Introduction: The choices you make affect your life. Those choices are influenced by everything and everyone around you. Influences from those external sources have a strong effect on the decisions you make. There is no one test that will tell you what to do with the rest of your life. But it may be helpful for you to define your lifestyle preferences as you consider career choices.

Directions: Respond to the statements below to help you consider your future lifestyle and career.

1. Describe where you want to live.
2. Describe the people you will live with.
3. Describe how you will use your leisure time.
4. Describe the individuals or groups you will want to spend time with.
5. Describe your hobbies.
6. Describe the most important people in your life.

Once you have a better sense of your ideal lifestyle, that image can help guide your career decisions. The whole point about choosing a career is that you want a good life. Your career will probably have a greater influence over your life and lifestyle than any other single factor. Answer the following questions based on your ideal career:

1. How much money you will earn?
2. What kind of clothes you will wear?
3. What kind of benefits your job will provide?
4. What kind of people you will associate with?
5. What kind of work you will be doing?
6. How much time you will spend working?
7. What level of responsibility you will have?
8. How much free time you will have and how you will be able to spend that free time?

Every job offers different opportunities. There are no right or wrong choices, but it is important that you find a job that matches your strengths and interests. You will have choices, but the choice you make will offer a better chance to succeed and be happy.

The list below describes a variety of job characteristics. As you read the list, consider how you do or do not value each characteristic. In the blank spaces to the right of the list, rewrite the characteristics in the order in which they are important to you. List them beginning with the most important characteristic and continue to the least important.

High income	
Easy work	
Vacations	
Work with people	
Middle income	
Security	
Risk or adventure	
Chance to take initiative	
Interesting work	
Regular recognition	
Same duties every day	
Work alone	
Early retirement	
Variety of duties	
Pleasant working conditions	
Short hours	
Chance to be creative	
Chance to make own decisions	
Outdoor work	
Health care benefits	
Flexible work arrangements	
Leadership opportunities	
Chance to use creative skills	

Remember that your job will influence your lifestyle. Now is the time to take charge and make plans. Look at the results of the interest inventories you have taken (MCIS, Copes/Caps/Cops, etc). If you are like most people your age, the chances are good that you'll need to adjust some of the details. How do the results compare with your list above?