What do you want from your life?

Below are some prompts which can help you generate your own initial checklist of what's important in your work and life. Read the checklist and tick the elements that are important to you. Once you have an established a list of priorities, re-read the list and identify the top 5 items which you will not compromise on in your next job move.

Purpose of your work	Rewards – what you want from your working life
To instruct / teach	Salary
To communicate	Other material benefits (e.g. car, bonus)
To inspire	Status
To organize	Intellectual challenge
To lead	"Being the best"
To innovate	Variety
To investigate	Flexibility
To assess / analyse	Social interaction
To improve	Independence
To generate knowledge	Security / stability
To generate wealth	Recognition from peers
To help others	Feeling useful
To solve problems	The chance to be in charge (of others, of a project, of your own work?)
"To contribute to society" (what does this mean to you?)	Own business / freelance working
To …………………………………………………………..	Training and development opportunities
	Further qualifications
Working time	Academic freedom
Flexible working hours	Opportunity for promotion
Part-time working hours	Other ………………………………………………….
Standard (35-40 hour) working week	
Regular hours	**What you are prepared to invest**
Irregular working hours Work environment	Voluntary experience Start in a temporary role
Support for career breaks	Further qualifications
Support for caring responsibilities	Work experience
	Retrain
	Work your way up
	Other …………………………………………….

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Work environment	Things you find stressful and don't want
Office-based	Ambiguity
Lab-based	Defined processes & procedures
Not office-based	Lack of variety
Variety of locations	Lack of control
Lots of travel	Responsibility for others
Work mainly on own	Too much to do
Work as part of a team	Too little to do
Engage with public / customers / students	Lack of time
Other	Multiple concurrent tasks
	Frequent change
Sector	Too many deadlines
Academia	Open ended, no or few deadlines
Education	Pressure to deliver results
Public sector	No clear end result to aim for
Business	Little challenge
Industry	Being thrown in at the deep end
Service sector	Working on your own
Non corporate world	Working with others
Voluntary sector	Fear of failure
Other	
	Geography (preferred place to live)
Constraints	Within The Netherlands
Family commitments	Within Europe
Working hours	No geographical restriction
Financial	Within close proximity of family members
Risk (e.g. job security, financial)	Within close proximity of existing friends
Travel / transport	Near the coast
Health	In a city
Dual careers to consider	Other...
"Biological clock ticking"	
Beliefs / principles regarding type of work	
Concerns over previous history (e.g. breaks in employment, frequent changes of role, etc.)	