 **Thumbs Up! Thumbs Down!**

No matter how happy people are with their occupations, there’s usually something about them they wish could be different. Some people don’t like anything about what they do – they’re stuck in occupations they’re not suited to.

Your personality greatly influences how happy you are in any occupation. Many personal factors – from how much time you like to spend outdoors, to when you like to get up in the morning – affect how well you and your work fit together.

How well are you suited to your occupation? Complete this exercise and find out!

*Step 1: Tick off the words or phrases that describe how you work*

*Step 2: Indicate whether you like or dislike the descriptions you ticked*

*Step 3: Decide what things you’d like to see in your perfect work environment*

*Step 4: Write down the occupations that you think would suit you*

*Step 5: Go check it out!*

*Step 6: What did you discover?*

**Step 1: Place a check beside the description that matches your job.**

|  |  |  |  |
| --- | --- | --- | --- |
| **My occupation is:** |  | **In my occupation I:** |  |
| Full-Time |  | Am Self-Employed |  |
| Part-Time |  | Work Alone |  |
| Seasonal |  | Work with Others |  |
| Entrepreneurial |  | Work with the Public |  |
| Home-Based |  | Work Independently |  |
| Field-Based |  | Work with Technology |  |
| Office-Based |  | Take Direction from Others |  |
| Physically Demanding |  | Can Make Decisions |  |
| Mainly Desk Work |  | Can Be Creative |  |
| Mainly Outdoor Work |  | Make a Fair Salary |  |
| Mainly Indoor Work |  | Have a Flexible Schedule |  |
| Mainly a Routine |  | Have a Rigid Schedule |  |

**Step 2: Check whether you like your dislike the descriptions that fit your job.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **My occupation is:** | **Like** | **Dislike** | **In my occupation I:** | **Like** | **Dislike** |
| Full-Time |  |  | Am Self-Employed |  |  |
| Part-Time |  |  | Work Alone |  |  |
| Seasonal |  |  | Work with Others |  |  |
| Entrepreneurial |  |  | Work with the Public |  |  |
| Home-Based |  |  | Work Independently |  |  |
| Field-Based |  |  | Work with Technology |  |  |
| Office-Based |  |  | Take Direction from Others |  |  |
| Physically Demanding |  |  | Can Make Decisions |  |  |
| Mainly Desk Work |  |  | Can Be Creative |  |  |
| Mainly Outdoor Work |  |  | Make a Fair Salary |  |  |
| Mainly Indoor Work |  |  | Have a Flexible Schedule |  |  |
| Mainly a Routine |  |  | Have a Rigid Schedule |  |  |

**Step 3: Place a check beside the descriptions you’d like your job to be.**

|  |  |  |  |
| --- | --- | --- | --- |
| **My occupation is:** |  | **In my occupation I:** |  |
| Full-Time |  | Am Self-Employed |  |
| Part-Time |  | Work Alone |  |
| Seasonal |  | Work with Others |  |
| Entrepreneurial |  | Work with the Public |  |
| Home-Based |  | Work Independently |  |
| Field-Based |  | Work with Technology |  |
| Office-Based |  | Take Direction from Others |  |
| Physically Demanding |  | Can Make Decisions |  |
| Mainly Desk Work |  | Can Be Creative |  |
| Mainly Outdoor Work |  | Make a Fair Salary |  |
| Mainly Indoor Work |  | Have a Flexible Schedule |  |
| Mainly a Routine |  | Have a Rigid Schedule |  |

**Step 4: Name five occupations that you think would suit you best.**

1. 4.

2. 5.

3.

**Step 5: Go check it out…**

Research the jobs that interest you.

**Step 6: What I discovered.**