



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.**

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|---------------|-------------------------------------|---------------------|-----------------------------------|
| 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?

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| 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 |