



## DRAW A PYRAMID OF YOUR WORK PREFERENCES

### Why?

It can be difficult to formulate your career goals. You can have several areas of interest, which can lead to a dizzying number of options. It can also be hard to find out what different work duties and roles actually do entail. It is nevertheless useful to consider the characteristics you prefer your future job to have. It can help you narrow down your goals, which can then help you identify opportunities and look for a job.

### How?

1. Choose as many characteristics and preferences from the following list as you like. Hopefully the list will inspire you to add some new preferences, too. Add them to your list!
2. Then start narrowing down your chosen preferences, leaving only the ten most important. If you struggle with narrowing down your list, try ranking them in order of importance:
  - Compare the preferences with one another one by one. First compare preference 1 with preference 2 and pick the most important one. Mark the most important preference with a tick and continue the comparison: preference 1 with 3, 1 with 4, and so on.
  - When you have compared preference 1 with all others on your list, repeat the process with preference 2, comparing it with preference 3, 4, 5 and so on. Repeat the process until you have compared all preferences.
  - Which ten preferences scored the most points?
3. Draw a pyramid, and place the top ten characteristics to it, with the most important on top.
4. What does your pyramid look like? What thoughts does it evoke? How does it fit in with your plans for the future? If you were to write a short description of the characteristics of your dream job, how would it read?



## Work preferences

- Regular working hours
- Shift work
- Flexible working hours
- Fixed-routine work
- Working in the long term
- Meticulous work
- Piecework
- Indoor work
- Outdoor work
- Clear job description
- Mobile work
- Working from home
- Artistic work
- Music
- Creativity
- Public performance
- Manual work
- Practical work
- Organising
- Technology or information technology
- Machinery and equipment
- Social media
- Leadership
- Working as an employee
- Laboratory work
- Theoretical or scientific work
- Innovating
- Planning
- Challenges
- Responsibility
- Guidance or counselling work
- Teaching and education
- Coaching
- Customer service
- Working with people
- Children
- Adults
- Young people
- Old people
- Disabled people
- Prisoners
- Immigrants
- Profundity
- Analysing
- Travel
- Publicity
- Knowledge work or mental work
- Profound contemplation
- Language proficiency
- Culture
- Commercial work
- Independent work
- Teamwork
- Influencing
- Politics or society
- Fast-paced work
- Opportunities for career development and advancement
- Food-related work
- Environment
- Entrepreneurship
- Sports
- Physical work
- Good colleagues
- Well-managed work
- Changes
- Vocation
- Researching
- Variety
- Fixed job description
- Ethically sound work
- Nursing or helping others
- Other, please specify
- Other, please specify

Source: (adapted from) Ståhlberg, L. & Herlevi, M. 2017. Omannäköinen elämä. Näin teet hyviä valintoja.

