



The Military Spouse Coach®
Support, strategies and solutions for career and life

IDEAL WORK ENVIRONMENT EXERCISE

Part 1: Look through this list and circle anything that piques your interest.

<ul style="list-style-type: none">• ACCOUNTING• ADVERTISING AGENCIES• ANIMAL FACILITIES• ANTIQUE SHOPS• ARCHITECTURAL FIRMS• COMMUNICATIONS• COMPUTER COMPANIES• CONSTRUCTION• CONSULTING FIRMS• EMPLOYMENT AGENICES• ENGINEERING FIRMS• ENTERTAINMENT INDUSTRY• ENVIRONMENTAL• FITNESS FACILTIES• FINANCIAL INSTITUTIONS• FOOD SERVICE COMPANIES• GOVERNMENT AGENCIES• HOTELS, RESORTS• INSURANCE COMPANIES• INTERIOR DESIGN FIRMS• LANDSCAPING• LAW ENFORCEMENT	<ul style="list-style-type: none">• LAW FIRMS• LEASING COMPANIES• LIBRARIES• MANUFACTURING FIRMS• MEDICAL FACILITIES• MUSEUMS• NATURE, OUTDOORS• POLITICAL ORGANIZATIONS• PRIVATE OFFICES• PUBLIC RELATIONS FIRMS• REAL ESTATE AGENCIES• RELIGIOUS FIELDS• REPAIR SHOPS• RESEARCH FACILITIES• RESTAURANTS• RETAIL BUSINESSES• SCHOOLS• SOCIAL SERVICE AGENCIES• SPAS, RESORTS• TRANSPORTATION• TRAVEL AGENCIES• UTILITY COMPANIES
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Are there other career fields that pique your interest that were not listed above? Explain:

Part 2: What workplace characteristics appeal to you the most?

Please indicate your preferences by marking a "*" on the line between the extremes. In the example below, the "*" indicates a preference for working with a small amount of supervision.

Example: close supervision	←==*== =====→	no supervision
Large organization	←===== =====→	Small business
Close supervision	←===== =====→	No supervision
Structured environment	←===== =====→	Unstructured environment
Low level responsibility	←===== =====→	High level responsibility
Perform similar tasks	←===== =====→	Perform variety of tasks
Slow-paced	←===== =====→	Fast-paced
No travel	←===== =====→	Frequent travel
Work independently	←===== =====→	Interact with others
Full-time	←===== =====→	Part-time
Flexible hours	←===== =====→	Hours scheduled by employer
Work near home	←===== =====→	Long Commute
Indoors	←===== =====→	Outdoors
Requires physical strength	←===== =====→	Little physical labor
Casual dress	←===== =====→	Business Dress

Additional Observations:

Part 3: Writing exercise to add further clarify to what type of work environment that would be the best fit.

1. What type of company feels like a good fit? Could you ever see yourself being self-employed? (explain).

2. Describe your ideal boss? How often are you in contact with them; and what style of supervision is provided?

3. How will you learn your job skills? Do you learn on the fly? Are you trained through employee training; have a mentor? Do you see yourself being required to take classes or attend corporate training?

4. Do you want to work in a structured environment with a definitive job description and set responsibilities, or do you see yourself initiating the type of work you are performing?

5. What level of responsibility are you seeking? Someone who makes all the big decisions, someone who assists with decisions from time to time, or a low level of responsibility when it comes to company policies?

6. Do you want a job with a lot of routine, or would you prefer a variety of duties and work activities? Do you work at your desk all day or move around? Do you have a computer? Do you take work home at night, or do you complete your work in the allotted work hours?

7. Do you prefer to do one task until it is complete and then go on to the next, or would multitasking feel more fun? Are you only responsible for your work or are you in charge of others?

8. Do you prefer a fast-paced environment with lots of high pressure deadlines, or would you prefer to work slowly and not have time pressures?

9. Would you like to travel for your profession? How often and in what capacity?

10. Ideally, how far is your office from your home, and is this important to you?

11. Do you want to work at a company in a cubicle or office, or do you want to work in a specific type of environment? Does working outside sound appealing? How about working from home?

12. How do you want to dress for work—In a business suit, more casual dress, or jeans? Would working at home in your pajamas work for you?

Part 4: Describe (or even draw) where you see yourself working?
