JOB BY DESIGN WORKSHEET

Julie Fuimano, Personal Development Expert & Success Coach

In order to find the perfect job, you need to identify **what you want, what opportunities are available and what skills, strengths and talents you have**. Be as specific as possible in your response.
This worksheet is a guide, but hardly an exhaustive list of the questions you should ask yourself now. Think of your discovery process as doing a puzzle. Identify and look at all of the pieces that make up what you want in a job. Then move to looking at what opportunities are available for you. If you want a partner, consider hiring me as your coach to walk you through the process. Learn more about coaching on my website at www.NurturingYourSuccess.com.

"What if life were the vacation? What if you could live your life playing? You go to a place each day where you get to play in a way that brings you joy and in exchange for your kind of play, you receive a paycheck and some benefits. A couple days a week you play in a different way and with other people. A few times a year you might travel to another city to play and see how the folks who live there play. It really is all in your mind isn't it? It's all in how you look at life."

~ From the article *Life is a Vacation* by Julie Fuimano available online at www.NurturingYourSuccess.com.

WORK = PLAY for PAY

I. What do you desire? Who – What – Where – When – Why	
Who do you enjoy spending time with? Examples: adult vs. children, old vs. young, sick vs. well *What are the qualities of the manager you work for?* Examples: fosters independence vs. gives lots of direction and structure; encourages teamwork; offers encouragement and praise; offers opportunities to grow/develop vs. wants you to excel at your current position *What type of people do you want to work with?* Examples: team environment vs. work alone, seek new ways to do things vs. maintain status quo, respect differences vs. enjoy keeping things similar	

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What do you like to do? What skills do you enjoy using and learning? What type of tools or technology do you enjoy using? Think of what you would do if time and money were not issues. What did you dream of doing as a child? Don't judge your ideas. Just write them down. How do you like to dress for work – casual, business casual, uniform or professional? Do you enjoy working on a computer? In what way – on particular programs, designing programs or websites, searching the internet, taking them apart/putting them together or just typing on one? Do you enjoy traveling for your work? How much? What are your special gifts?	
Where do you want to work? In what kind of environment do you like to work? Do you like to work outside? At a desk? In a factory? Do you like working in a large corporate environment or a small family office? Do you like working in a high-rise? Do you want to work at a desk? Do you enjoy the fast pace of the city or the suburbs? How far are you willing to travel to work? And how will you get to work – train, bus, car? Does this place of employment offer opportunities for promotion? Do they offer training? What benefits are important to you?	

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When do you want to work? What are the ideal hours for you? How many hours a week do you want to work? Are you willing to work weekends, overtime or holidays? Will you need flexible time? Will you need to be able to leave easily for family emergencies? (Important for you to know right upfront.)	
Why are you doing this work? What kind of difference do you want to make? How do you want to impact the world? What is it that you want to be sure to accomplish, through work, in your lifetime? Work is a way for you to express who you are and get paid for doing it. Work is for joy.	

II. What opportunities are available to you?	
Given the elements you've identified above, what opportunities exist for you? Seek the want ads; start speaking to friends, neighbors, and networks to determine what you could do. Be aware that you may need to create the job; it may not exist.	

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III. What skills do you have? What skills do you need to develop?	
What skills do you have? What's your education? How do you want to use your education? What are your top strengths? What are the gifts that you'd like to create your life around? What are your unique talents? What are those things that everyone comes to you for? What is special about you? What skills do you want to master? What are the things you'd like to learn in this lifetime?	

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- ✓ Explore the empowering website www.NurturingYourSuccess.com.
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- ✓ Purchase your copy of the book, *The Journey Called YOU: A Roadmap to Self-Discovery and Acceptance.*
- ✓ Partner with Coach Julie to work one-on-one with you to support you in achieving your personal goals and YOUR highest potential. To learn how coaching would work for you, contact Julie at (610) 277-2726 or Julie@NurturingYourSuccess.com.

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Meet Your Coach Julie Fuimano, RN, MBA, CSAC

After years struggling to find her own path - including several career changes and three layoffs - Julie created a strategy for identifying her passion and has since created a life that allows her to use her skills and talents in a way that brings her joy. Through her company, Nurturing Your Success, she coaches others to do the same in their life. Julie is a masterful coach who is dedicated to advancing human potential by providing coaching, motivational speaking, and educational resources including authoring the life manual and confidence builder, The Journey Called YOU: A Roadmap to Self-Discovery and Acceptance. Julie has helped hundreds of people develop their personal power so they feel more confident, are more productive, and enjoy themselves. For her work, she is named one of the TOP 100 Thought Leaders in the field of Personal Development. To learn how Julie can help you or your organization, visit her website www.NurturingYourSuccess.com. Sign up for her empowering e-newsletter and receive a free tips booklet. Contact her at (610) 277-2726 or write to Julie@NurturingYourSuccess.com to arrange for her to speak at your next event.

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