**Activity: uncover your career priorities.**

Reflect on the values that can influence your career motivation. Below is a list of some of the factors that motivate people at work. Work down the list marking each factor on a scale from 1-5. Trust your instinct.

Add others if any other factors should be on your list!

Consider: How many of your highest priorities are met by your current work?

 Are any of your highest priorities in conflict with the work you do now?

 Which – if any- of your priorities are you prepared to compromise?

|  |  |
| --- | --- |
| Potential Motivators | Scale: 1 –not important to you, to 5 – very important to you. |
|  |  |
| Control over my work |  |
| Good income |  |
| Job security |  |
| Flexibility of working arrangements |  |
| Managing other people |  |
| Professional recognition |  |
| Opportunity of promotion |  |
| High level of responsibility |  |
| Pursuing Excellence |  |
| Helping others or benefiting the wider community |  |
| Managing major projects |  |
| Opportunity to develop skills |  |
| Status within an organization |  |
| Status outside an organization |  |
| Challenging work using my abilities and skills fully |  |
| Specific geographic location |  |
| Working in a team |  |
| Using technical expertise |  |
| Opportunity to be creative |  |
| Variety |  |
| Working alone |  |
| Contact with people |  |
| Feeling Appreciated |  |
|  |  |
|  |  |

 What factors would you consciously seek in a new job/career opportunity?

Source: The career-wise researcher, Vitae 2013