CREATING HEALTHY CAREERS

Want to Create Your Dream Job? Create Your Dream Job Descirption

Your Dream Job Description

Unless you're clear on what you want, you won't find it. Writing out your Dream Job Description can help you start to get clear.

When I was looking to pivot my career into a new industry and didn't know what else I could do, I started to write down all the elements of my job that I enjoyed.

Here are some tips:

- Be specific.
- Reflect on the jobs you've loved? What were the key ingredients?
- There will even be gems hidden in the jobs you didn't love, so look deeper.
- The jobs you didn't enjoy also make you clearer on what you do want. So what's the other side to the coin that was missing?
- Research ads online. Write down whatever tasks/actions light you up.



Your Dream Job Description

Company:

- Values
- Local or international
- Size SML
- Benefits
- Location
- Office (does it have a window)
- Parking/Near public transport

People:

- Like minded or diversity
- Professional or relaxed
- Leadership style
- What are colleagues like
- Work as a team
- Collaborative

Role Requirements:

- Degree of autonomy
- Report to a mentor, industry expert, you can learn from
- Salary, bonus, shares
- Opportunity for growth



Your Dream Job Description

Responsibilities:

- What do I enjoy doing and be happy to do 80% of my day
- What gives me a buzz at the end of the day
- What am I good at
- How much to I want to be challenged/grow-
- Values you want to engage
- Skills and abilities to be used
- What energises you

Visualise Imagine Generate the Feelings

Now that you've created it, spend time visualising what it would be like to be in that job.

The way to attract what you want is to feel the emotions of having it in your life before it shows up.

Connect with the feelings each day, as many times as you can. Keep adding to your dream job description as you notice more things you'd like as you are visualising.





My Dream Job Description

Company:

People:







My Dream Job Description

Role Requirements:

Responsibilities:



