

Chapter 7 Exercises

1. Allocating Points to Career Priorities

The nine career priorities reported by the respondents to Boston College's "New Dad" study all received very high ratings and were, in general, seen as equally important. I'd like you to rate the importance of these characteristics to you, but am not letting you off so easy. You are going to have to choose. To do so, I am giving you 30 points you can distribute among the three categories of job factors. A 10 for each category means equal importance. Anything above a 10 means that the category is more important than the others and at least one other category must get a rating lower than 10. Also, I'm going to ask you to fill this out for various stages in your life.

Please distribute your 30 points among these 3 categories for each stage of your life:

1. Just starting out in your career

Security, Income, Advancement	Interesting Work, Accomplishment, Beneficial to Others	Flexible Work with Independence and Time for Life

2. Five years into your career path

Security, Income, Advancement	Interesting Work, Accomplishment, Beneficial to Others	Flexible Work with Independence and Time for Life

3. Where you are in your life now

Security, Income, Advancement	Interesting Work, Accomplishment, Beneficial to Others	Flexible Work with Independence and Time for Life

Reflection Questions:

- Are these priorities the same?
- How have they changed over time?
- Are you in a job or career path that reflects your priorities?
- If not, what can you do about it?

2. Envisioning Downshifting

Before we can successfully downshift, we need to look at the pros and cons of each strategy and envision how we would downshift. In this space, choose one of the 5 varieties of downshifting and imagine what that might be like, and what could pose obstacles to this change. Importantly, we need to consider how the rest of our life and our finances would have to change.

If I were to become a _____ :

This is what my new career path would look like:
This is what would be good about my new path:
This is what would be bad about my new path:
This is what would have to change in my life or my finances to enable this to happen:
How feasible is this in the next 6 months, the next 3 years: