

LOVE/HATE ANALYSIS

Go back to the days of making macaroni necklaces for Mom in kindergarten.
Make a list of all the things that:

ENERGIZE(D) YOU

- Activities you could do for hours without noticing the time pass
- Circumstances in which you were/are happiest or perform(ed) best

DEplete(D) YOU

- Activities that drain you of energy, even if you're good at them
- Circumstances in which you are least happy or successful

LOVE	HATE

DO NOT WORRY ABOUT HOW THESE CONNECT TO WORK!

2 YOUR CAREER CRITERIA

Defining the lens through which you evaluate all opportunities

- Identify the 5-6 things that matter most to you as you consider the internship or job you want to pursue, for example:
 - Geography (remote, easy commute, in fun city)
 - Culture (define what this means to you)
 - Compensation (pay, benefits)
 - Intellectual value of work
 - Meaning of work/value to others
 - Skill development (formal training, developing portable skills)
 - Having some agency in what you do and how you do it
 - Prestige
 - Work/life balance
- Assign each item a % value, so that they add up to 100%



**Civil Living In Urban
Areas**

**Investing & Financial
Responsibility**

**Sustainable Life On
Earth**

**Technical
Innovation**

**Healthcare & The Cure Of
Illness**

**Scientific Research &
Exploration**

**Animal
Welfare**

**Global Connectivity &
International Diplomacy**

**Human Rights &
Understanding**

**Feeding
Others**

**Human Potential,
Education & Success**

**Arts & Beauty In The
World**

Source: Reed College - Communities of Purpose