

100 Jobs Exercise

Based on the exercises in Timothy Butler's book "Getting Unstuck"

Step One: Select Your Most Exciting Work Roles

Out of the following list, select the 12 roles you instinctively feel would be the most exciting, engaging and meaningful. Move rapidly through the list and use your first intuitive impression. Do NOT consider its financial rewards. Identify the 12 roles that would simply be most engaging.

Rank your top twelve with #1 being the role you find most exciting. If the first choice is much more important than your second, you might leave space between that one and the second to indicate its importance.

- | | | | |
|---|--|------------------------------------|--|
| 1. Marketing researcher | 26. School superintendent | 51. Medical researcher | 78. Firefighter |
| 2. Child care worker | 27. Leader of a product development team | 52. Chief financial officer | 79. Marketing brand manager |
| 3. Computer software designer | 28. Religious counselor | 53. Office manager | 80. Surgeon |
| 4. Sports coach | 29. Financial analyst | 54. Police officer | 81. Investment manager |
| 5. Manager at a manufacturing plant | 30. TV or film director | 55. Investment banker | 82. Stockbroker |
| 6. Salesperson at a retail store | 31. Personal financial advisor | 56. Restaurant manager | 83. Director of nonprofit organization |
| 7. Social services professional | 32. Director of human resources | 57. Entrepreneur | 84. Event planner |
| 8. Salesperson for high-tech products | 33. Graphic designer | 58. Vacation resort manager | 85. Administrative assistant |
| 9. Litigator (courtroom lawyer) | 34. Economist | 59. Electrical engineer | 86. Credit manager |
| 10. Psychotherapist | 35. Business strategy consultant | 60. High school teacher | 87. Elected public official |
| 11. Manager of a retail store | 36. Homemaker | 61. Professor of political science | 88. Motivational speaker |
| 12. Public relations professional | 37. Senior military leader | 62. Theoretical physicist | 89. Mayor of a city/town |
| 13. Advertising executive | 38. Chief executive officer | 63. Computer systems analyst | 90. President of a community charity |
| 14. TV talk show host | 39. Librarian | 64. Fiction writer | 91. Real estate salesperson |
| 15. Theologian | 40. Research and development manager | 65. Newspaper editor | 92. Professional athlete |
| 16. Speech therapist | 41. Real estate developer | 66. University professor | 93. Clerical worker |
| 17. Newscaster | 42. Music composer | 67. Military serviceperson | 94. Foreign trade negotiator |
| 18. Secretary | 43. Veterinarian | 68. Diplomat | 95. Bookkeeper |
| 19. Automobile mechanic | 44. Advertising copywriter | 69. Venture capitalist | 96. Emergency medical technician |
| 20. Electrician | 45. Senior manager of a manufacturing business | 70. Military strategist | 97. Statistician |
| 21. Entertainer (singer, comedian, etc) | 46. Nurse | 71. Logistical planner | 98. Manager of a stock or bond mutual fund |
| 22. Optometrist | 47. Ship captain | 72. City planner | 99. Proofreader |
| 23. Professional actor | 48. Research sociologist | 73. Accountant | 100. Civil engineer |
| 24. Senior hospital manager | 49. Manager of information systems | 74. Bank manager | |
| 25. Fine artist | 50. Investigative reporter | 75. Architect | |
| | | 76. Carpenter | |
| | | 77. Manufacturing process engineer | |

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Step Two: Identify Underlying Interests

Find the corresponding number below to each of your twelve roles, circling those numbers as they fall under each of the following Interests categories. The two or three interests with the most number of circles will be your top interests. These underlying interests can help you select future job categories which are truly interesting and important to you.

Number Cruncher

31 34 49 52
55 62 71 73
81 82 86 97
98

Team Leader

4 5 11 26
27 32 45 49
53 56 58 74
79 83

Action Hero

4 19 20 22
43 47 54 67
76 78 80 92
96 100

Persuader

6 8 9 12
13 14 17 44
50 64 68 87
88 89 91 94

Coach

2 4 7 10
16 26 28 32
46 60 83 96

Engineer

3 40 49 51
59 63 71 77
100

Professor

1 15 22 34
35 40 48 51
61 62 66 70

Artist

13 21 23 25
33 42 44 50
64 65 72 75

Boss

26 27 35 37
38 41 45 47
52 55 57 69
79 87 89 90

Organizer

6 18 36 39
53 73 84 85
86 93 95 99

Step Two Notes

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Step Three: Dynamic Tensions

Dynamic tension is present when some of the selected roles or interests seem to contradict another. An example of such a tension might be "Vacation resort manager vs Social service professional" or "Engineer vs Artist." Some people's lists contain several dynamic tensions, others' contain none. Dynamic tension is present in our personalities and in the visions of our lives. One part of us is attracted to one direction, while another part of us is attracted to something different. Identifying and working with these tensions is part of growth. This step provides space to identify tensions in your career choices, discover if one is more appealing to you and why.

Step Three Notes

Applying The Information

This exercise is meant to challenge your assumptions and get you thinking beyond your accumulated skills and experience. These steps provide various roles and interests but are certainly not meant to be complete lists or to indicate a role for which you have an aptitude.

When used with other reflections, journal prompts and exercises, this tool can be an important part of your career revitalization, helping you select an area, industry or role which is better suited for the next phase of your career.