

# Holy Cross

## Alumni Career Coaching: Practical Inventory

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*By looking at your life holistically, you can discover how to pursue a life of meaning, purpose and joy.*

This inventory is meant as a tool to help you identify your practical needs, and/or the practical needs of your family. As you complete this inventory, I encourage you to consult with those in your life who are impacted by your professional choices. The answers are for your eyes only. There is no right or wrong way to answer each question.

Professional needs change as our lives change. The hope is that this exercise will help you identify what aspects of a new job are most important to you right now, and what aspects are negotiable. This practice will help you develop a litmus test with which to evaluate future opportunities. By looking at your life and your professional needs holistically, you can begin to narrow down your job search and focus on positions that support your lifestyle and personal needs.

### PERSONAL

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How much free time do you need outside of work? How much would you prefer?

What hobbies or activities do you engage in outside of work? What do you want to engage in? Are there other activities you would like to engage in?

### PROFESSIONAL

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How many hours are you willing to work in your next job? How many would you prefer to work?

How far are you willing to commute in your next job? How far would you prefer to commute?

What benefits do you need from your next job? What benefits do you want?

### VALUES

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What kind of lifestyle do you currently lead? Do you aspire to lead?

How much money do you need to make in order to support this lifestyle? How much money do you want to make?

What do you consider your non-negotiables? Where are you willing to be flexible?