



Ideal Job Does it Exist?

Does an ideal job exist? A recent poll found that 81% of workers in the Greater London area are unhappy at work. As a child we are taught to believe in things that don't really exist like Santa or the tooth fairy. As the years pass and we start to figure out what is real or not, we have to ask.....**is an ideal job real?** You could feel stuck in your job because it was the first one after university and you are unsure of the next step. You went for a promotion which hasn't turned out to be what you thought it would be. Or your situation has changed and now your career needs to adjust accordingly, but you don't know what to do about it.

Try this exercise. It will help you to investigate your views of an ideal job and possibly challenge them. This will allow you to look at your job, career or working situation (whether you are happy with it or not) with fresh eyes.

Start by making a list of everything you would want in an ideal job. You need to let your imagination run free.

List all the areas that in the past you would never allow yourself to dream of, no matter how crazy they may seem.

This is a very important step.

It is also important to ask yourself 'what does it give me.?'

If part of your ideal job is to work from home, than an example of what it gives you could be: **freedom, flexibility, convenience** and a **peaceful working environment**.

Your list could include some of the following:

- How much money would I want to earn? (a million pounds?)
- What type of people would like to work with? (honest and reliable?)
- How many hours would I like to work in a week? (5?)
- What job would I like to do? (Prime Minister?)

Keep going until the list is complete.

After you have completed your **ideal job list**, move onto making a list of what you definitely do not want in a job (I'm sure you will find this list much easier to complete). This can be anything from a disrespectful boss, a long commute, to working for an unethical company. Again be as creative as possible.

When both lists are complete, think about a few questions.

- What do I consider ideal?
- Is this **ideal** what **I definitely want**?

Or

- Is it what I feel society is telling me I should want?
- Do I need all the areas listed for a job to be ideal?
- Am I willing to put up with anything on my 'definitely do not want list'?
- Does an ideal job really exist?

Or

- Does the idea of it put unrealistic pressure on me?
- What can I remove from the list that doesn't need to be there?
- What do I definitely need for a job to be considered ideal?

Spend plenty of time going over all the previous questions and be honest with yourself. This is not a test; you will not be marked on it, so the more honest you are, the more you will learn from the exercise.

Once all the questions are answered you will have a better understanding of what your ideal job would be. It will also help you start to realise what you need to change in order to reach that **ideal** or perhaps teach you that you already have your ideal job, it just needs a few minor adjustments for an even a better fit.

If you would like to discuss the concept of an **ideal job** or need assistance to reach yours, than contact **Purely Peppermint**

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