

# Career Values Spreadsheet

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If you are planning to stick with your current job, use this to highlight what aspects you are currently satisfied with and which ones you need to work on in order to be more satisfied. Consider sharing this with your manager so you can come up with a plan on how to address problematic areas together.

If you are considering a career move, use this to compare different opportunities. This gives you a rubric on what questions to ask your future employers, in order to gather more information about the opportunity. When filled out, it will highlight similarities and differences across opportunities and empower you to decide based on facts, rather than only on emotions.

## Instructions

Step 1: Create a list of all the factors that are important to you when considering your career. Below is an example of factors you may or may not want to include.

Step 2: Weight each factor by how important it is relative to other factors

Step 3: Grade your current role on these factors.

	<i>Weight</i>	Job A	Job B
<b>ROLE / TEAM</b>	<b>40%</b>		
opportunity for career growth	10		
opportunity for leadership	10		
good team dynamics	10		
manager + leadership that understands U	5		
passion for the product	5		
<b>WORK / LIFE BALANCE</b>	<b>30%</b>		
commute	15		
hours	5		
ability to work from home	10		
<b>COMPENSATION + Benefits</b>	<b>30%</b>		
competitive salary + bonus	10		
dental insurance	5		
vision insurance	5		
health insurance	5		
vacation leave	4		
general perks	1		
<b>Score</b>	<b>100%</b>	<b>0%</b>	<b>0%</b>