

CAREER QUIZZES

12 Tests to Help You Discover and Develop Your Dream Career

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Acknowledgments

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About This Book

In my work as a career counselor, I have helped people resolve a wide variety of career-related problems. I have helped stay-at-home parents transition to new careers with little or no work experience, ex-offenders looking for their first job out of prison, and hundreds of people who had recently been “let go.” The most difficult type of client, though, has to be the person who, as Henry David Thoreau puts it, “leads a life of quiet desperation.” These are people who feel trapped in work that doesn’t excite them, fit their interests, use their skills, or fulfill their needs—who while away the hours wondering if there isn’t something better.

People like James, who at age 32 was experiencing a career crisis when he came into my office. James was a district manager with a well-respected fast-food franchise. He was rewarded with a respectable salary, good benefits, and a nice pension.

And he was miserable.

When I sat to talk with James, I began to understand his situation and the situation of all the other quiet, desperate souls like him. His work provided little opportunity for real leadership, initiative, or creativity. It had become tedious, repetitive, and mechanical. He wanted work that fit his personality and contributed to his self-esteem—work that was fulfilling and—dare he say it—enjoyable. And he’s not the only one. Only about 10 percent of people report loving the work they do; the vast majority of people work at jobs where they experience limited career satisfaction or no satisfaction at all.

James needed to find his purpose, to develop a career that would be more gratifying, and to take action to make it happen. Most people put little or no time into planning and managing a career. Left to their own devices, most people find themselves in jobs that don’t match their interests or talents or that don’t fulfill their needs or bring them any closer to reaching their lifelong goals. They need guidance. They need a plan.

That was how the idea for this book was born. For the first time, the assessments that I use to take my clients through the career-coaching process are available to you in this book. A successful and rewarding career is possible, but you must take the time to do some self-reflection and self-exploration to get there.

If you have dreamed about work in which you are motivated, inspired, respected by colleagues, and paid well, you are not alone. By taking the 12 easy tests in this book, you take the first steps toward discovering and developing a fulfilling career and living the life you deserve.

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