Who am I?

*My experience*

*My network*

*My talents*

*My education*





*My hobby’s*

*My transport*



TOP 10 – what do I want?

|  |  |
| --- | --- |
| You’d like to have someone around for help / working without help | Rough work/ fine work |
| Salary is the most important/ tasks are the most important. | Always working the same hours / work in shifts |
| Working outside/ working inside | Working parttime/ fulltime |
| Working close to home/ far from home | A lot of people around me/ few people around me |
| Working alone/ working with others | Always the same tasks/ different tasks |

Who am I, what do I want?

Draw a circle around a number at every question. When you circle “1”, dan you’re not really or not agreeing with the sentence. That’s not who you are. When you circle “6”, then you can totally find yourself in the sentence. That’s completely who you are. When you’re in doubt, you can circle another number close to 1 or 6, depends if you’re more or less agreeing with the sentence.

Example: “I want to go to work as much as i can”. When you think:

“Pfff, I would rather be at home or with friends than work, but working a little bit sounds appealing” --> Circle “2”.

“It doesn’t matter, but if I really have to choose, I’d rather be at home” --> Circle “3”.

“I do like to work and i want to work much,  but not exaggerate” --> Circle “5”.

Now add up all the numbers that you circled and write them next to total.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| BLOCK A: CONTRACT | | | | | | | |
| Agree Don’t agree | | | | | | | |
| 1 | I want to work as much as I can. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | I also want to work with short contracts (a week at one place, 3 days at another). | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | When I can work at a company for three months, I’d take the job right away. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | When I don’t have a permanent job, I’ll work through interim. That way, I keep myself busy and in the meantime I can continue to apply for other jobs. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | I want to work fulltime. | 1 | 2 | 3 | 4 | 5 | 6 |
|  | **total** |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| BLOCK B: WORKING HOURS | | | | | | | |
| Agree Don’t agree | | | | | | | |
| 1 | I want a fixed schedule per week | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | I want to work 8 hours a day, I find it difficult to work overtime. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | I want to work during the day, not at night or in the evening. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | I want to be free on the weekends. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | I want the same hours every day. | 1 | 2 | 3 | 4 | 5 | 6 |
|  | total |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| BLOCK C: DISTANCE TO WORK | | | | | | | |
|  | | | | | | | |
| 1 | I don’t want to run into co-workers outside of work. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | If I really like a job, I want to be on the road for up to 1 hour. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | I travel easily (by bicycle, car, public transport)0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | Coming home late in the evening after work is no problem. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | I am willing to work in another municipality. | 1 | 2 | 3 | 4 | 5 | 6 |
|  | total |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| BLOCK D: WORKING TOGETHER | | | | | | | |
|  | | | | | | | |
| 1 | I like to work alone. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | Good colleagues make even the toughest work fun. I like having people around me during work. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | I don’t like working alone. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | I like to make a task together with others. (ask for advice, have a chat). | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | Without others there is nothing to it: you have to be able to have a little fun while working. | 1 | 2 | 3 | 4 | 5 | 6 |
|  | total |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| BLOCK E: PHYSICAL WORKING | | | | | | | |
|  | | | | | | | |
| 1 | When I go to work I want to stay decently. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | I don’t like to sweat during work. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | I like to sit at a desk and work with a computer (even though it is all day). | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | I think it's good to stand up and walk back and forth. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | I like to work inside. | 1 | 2 | 3 | 4 | 5 | 6 |
|  | total |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| BLOCK F: THE COMPANY | | | | | | | |
|  | | | | | | | |
| 1 | I like a small company. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | I like to know everyone in the company where I work. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | It would be nice if I would receive meal vouchers or other benefits. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | I want to know my boss and be able to walk in if necessary. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | I like variety and would like a different job later in the company where I start working. | 1 | 2 | 3 | 4 | 5 | 6 |
|  | total |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| BLOCK G: THE SALARY | | | | | | | |
|  | | | | | | | |
| 1 | I think a high salary is important. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | I want to earn enough money to look after myself and not need help from my parents / partner. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | If I find my dream job but don't earn as much, I will refuse that job. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | If my friends earns less than me, I want to treat a little more often. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | If I earn a lot of money, it doesn't matter which job I do. | 1 | 2 | 3 | 4 | 5 | 6 |
|  | total |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| BLOCK G: ALTERNATION | | | | | | | |
|  | | | | | | | |
| 1 | I like bandwork. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | I think it’s hard to learn new things. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | I like to know very well what to do. That's how I make the least mistakes. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | I always find it difficult to do different things. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | I would like to specialize (become very good at) in one thing that I can do very well. | 1 | 2 | 3 | 4 | 5 | 6 |
|  | total |  |  |  |  |  |  |

Calculation of my score:

Take the next page. You see a table with squares and a lot of numbers on the sides.

The columns (from top to bottom) represent the different blocks that you have just answered. At the top are the letters of the blocks.

The rows (from left to right) represent the totals that you have added to each block.

Add a bullet to your total score per block. Do this for all blocks.

For example: With block A you have a total of 24. Then place a ball in column A with the score 24.

Record your three highest scoring blocks and your three lowest scoring blocks. Below the curve you will find an explanation of the different blocks.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | A | B | C | D | E | F | G | H |  |
|  | CONTRACT | WORKING HOURS | DISTANCE WORK | WORKING TOGETHER | PHYSICAL WORK | COMPANY | SALARY | ALTERNATION |  |
| SCORES |  |  |  |  |  |  |  |  | **SCORES** |
| 30 |  |  |  |  |  |  |  |  | **30** |
| 29 |  |  |  |  |  |  |  |  | **29** |
| 28 |  |  |  |  |  |  |  |  | **28** |
| 27 |  |  |  |  |  |  |  |  | **27** |
| 26 |  |  |  |  |  |  |  |  | **26** |
| 25 |  |  |  |  |  |  |  |  | **25** |
| 24 |  |  |  |  |  |  |  |  | **24** |
| 23 |  |  |  |  |  |  |  |  | **23** |
| 22 |  |  |  |  |  |  |  |  | **22** |
| 21 |  |  |  |  |  |  |  |  | **21** |
| 20 |  |  |  |  |  |  |  |  | **20** |
| 19 |  |  |  |  |  |  |  |  | **19** |
| 18 |  |  |  |  |  |  |  |  | **18** |
| 17 |  |  |  |  |  |  |  |  | **17** |
| 16 |  |  |  |  |  |  |  |  | **16** |
| 15 |  |  |  |  |  |  |  |  | **15** |
| 14 |  |  |  |  |  |  |  |  | **14** |
| 13 |  |  |  |  |  |  |  |  | **13** |
| 12 |  |  |  |  |  |  |  |  | **12** |
| 11 |  |  |  |  |  |  |  |  | **11** |
| 10 |  |  |  |  |  |  |  |  | **10** |

BLOCK A WORKING SYSTEM AND CONTRACT

If your ball is high for this block, you are not someone to sit at home for a long time. You want to go to work and preferably as much as possible. Being busy is important to you. You prefer a permanent contract so that you have certainty in your job. Individual or short assignments can be a solution for you, but you will continue to look for a permanent job.

BLOCK B WORKING HOURS AND FLEXIBILITY

If your ball is high for this block, you prefer to work according to fixed hours, without too many exceptions. So preferably not in the weekend, not in shifts, no overtime? You do not like changes in your working hours and you want to be sure that you can go home on time every day.

BLOCK C MOVEMENTS AND DISTANCE TO WORK

If your ball is high to fairly high for this block, your colleagues are very important. You want to work with colleagues and you are willing to help and be helped. You don't like working alone, even if that means that you could work at your own pace.

BLOCK E PHYSICAL ASPECTS OF THE WORK

If your ball is high for this block, you don't want to do too heavy work. Standing a little (for example in a store) is ok. You don't want to get dirty or work up a sweat. Working outside is also not really your thing.

BLOCK F SIZE OF THE COMPANY

The higher your ball is in this block, the more you want to work in a small company. You enjoy knowing all your colleagues and having a friendly atmosphere. You want your boss close by, even if this all brings a little less benefits.

BLOCK G WAGE

If your ball is high for this block, you think it's important to earn a lot of money. You prefer to do a less fun job that pays well than a fun job that doesn't pay well.

BLOCK H ALTERNATION

If your ball is high in this block, you don't really like variety. You feel best if you know what is expected of you and if you are sure that you can do this well. Learning new things is annoying because you are afraid of making mistakes or because it takes a lot of effort.

My goals

What can I do, what can’t I do yet?

|  |  |
| --- | --- |
| To achieve your goals, you have to be able to do a lot. Are you ready to take a step to a job? Write down the things that you have no trouble with. You can do it! | To achieve your goals, you have to be able to do a lot. Are you ready to take a step to a job? Write down the things that you have trouble with. You will have to work on this! |
| Do you already know what you want? Do you know how far from home you’re willing to work? Do you have transportation? Do you know how to do a job interview? Did you already talk about it at home? Do you have to take childcare into account? | |
|  |  |

Action – what am I going to do NOW?

