

## The 100 Jobs Exercise

Reading through the list of one hundred occupational roles on the following page, select the twelve roles you instinctively feel would be the most exciting, engaging, and meaningful. Move rapidly through the list and use your first intuitive impression. Do *not* consider whether you have the skill or training to perform well in that role. Do *not* consider its financial rewards. Identify the twelve roles that would simply be most engaging.

When you have selected your top twelve, write them down in the blank section on this page listing the first one (#1) as the work role you find most exciting. If your first choice is much more important than your second, leave space between the two to indicate this. If your first and second choices are essentially equal in importance, list them one after the other with no space in between. Print legibly and large so others can easily read your list.

## The 100 Jobs Exercise

1. Marketing researcher
2. Child-care worker
3. Computer software designer
4. Sports coach
5. Manager at a manufacturing plant
6. Salesperson in a retail store
7. Social services professional
8. Salesperson for high-tech products
9. Litigator (courtroom lawyer)
10. Psychotherapist
11. Manager of a retail store
12. Public relations professional
13. Advertising executive
14. TV talk show host
15. Theologian
16. Speech therapist
17. Newscaster
18. Secretary
19. Automobile mechanic
20. Electrician
21. Entertainer (singer, comedian, etc.)
22. Optometrist
23. Professional actor
24. Senior hospital manager
25. Fine artist
26. School superintendent
27. Leader of a product-development team
28. Religious counselor
29. Financial analyst
30. TV or film director
31. Personal financial advisor
32. Director of human resources
33. Graphic Designer
34. Economist
35. Business strategy consultant
36. Homemaker
37. Senior military leader
38. Chief executive officer
39. Librarian
40. Research and Development manager
41. Real estate developer
42. Music composer
43. Veterinarian
44. Advertising copywriter
45. Senior manager of a manufacturing business
46. Nurse
47. Ship captain
48. Research sociologist
49. Manager of information systems
50. Investigative reporter
51. Medical researcher
52. Chief financial officer
53. Office manager
54. Police officer
55. Investment banker
56. Manager of a restaurant
57. Entrepreneur
58. Vacation resort manager
59. Electrical engineer
60. High school teacher
61. Professor of political science
62. Theoretical physicist
63. Computer systems analyst
64. Fiction writer
65. Newspaper editor
66. University professor
67. Military serviceperson
68. Diplomat
69. Venture capitalist
70. Military strategist
71. Logistical planner
72. City planner
73. Accountant
74. Bank manager
75. Architect
76. Carpenter
77. Manufacturing process engineer
78. Firefighter
79. Marketing brand manager
80. Surgeon
81. Investment manager
82. Stockbroker
83. Director of nonprofit organization
84. Event planner
85. Administrative Assistant
86. Credit manager
87. Elected public official
88. Motivational speaker
89. Mayor of a city or town
90. President of a community charity
91. Real estate salesperson
92. Professional athlete
93. Clerical worker
94. Foreign trade negotiator
95. Bookkeeper
96. Emergency medical technician
97. Statistician
98. Manager of a stock or bond mutual fund
99. Proofreader
100. Civil engineer

# The 100 Jobs Exercise

## Personal Insights

1. Identify any underlying themes that tie many (4+) of your role choices

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2. Identify Dynamic Tensions between themes and any occupations

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3. Note any Spontaneous Images (or Words or Songs) while participating in this exercise

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## The 100 Jobs Exercise

### Insights To Action

4. After completing this exercise, what types of jobs or careers come to mind that might be of interest to you? (List in first column below).
5. Do you know anyone who works in that field, or anyone who may know someone who works in that field? (List in second column below).
6. What key questions would you like to have answered by someone who works in that field? (List in 3<sup>rd</sup> column below).
7. Develop an action plan to meet your contacts and to obtain answers to your questions.

<b>Jobs or Careers</b>	<b>Contact Names</b>	<b>My Key Questions</b>