



The Lifestyle Quiz

The Lifestyle Quiz is a stand-alone activity that's great for when you are thinking about life and career.

Self-assessment

Career decisions have an enormous impact on our daily lives. The quiz will get you thinking about the lifestyle choices that could make you happy and productive. Any answer could be right for you, but some choices might work better than others in certain jobs and careers.

Some of your expectations and requirements may change as the years go by, and others will be more consistent. Take the quiz to learn a little more about yourself and how your career might become a 'good fit.' You may be surprised.

The lifestyle quiz

1. My ideal work-day would:
 - a. Start at 9:00 a.m. and end at 5:00 p.m.
 - b. Start at noon and end at midnight
 - c. Be different every day

2. My ideal schedule would include:
 - a. Travel as much as possible
 - b. Occasional travel, but mostly working in one town
 - c. Work that gets me home to my own bed every night

3. I would be willing to take the following number of interviews, auditions or temporary contracts before I landed a permanent job:
 - a. 1 - 3
 - b. 4 - 10
 - c. As many as it took

4. It's December. I'm a professional with a family to support, so I:
 - a. Refuse to accept holiday work (it's the holidays!)
 - b. Pick and choose a few paid work options and sacrifice a few presents for the family
 - c. Postpone family holiday activities to get as much paid work as possible

For each of the following questions, choose the statement that most accurately describes your attitude:

5. I prefer* to:
 - a. Be the master of my own schedule and priorities
 - b. Take direction from others
 - c. Work as part of a team
 - d. Work with small groups
 - e. Work with larger groups
 - f. Work alone
 - g. Work with public clientele

*You may like to mark more than one work style, to take into account different tasks or circumstances

6. My lifestyle preference is:

- a. The good life: nice car, eating out at restaurants, owning a home
- b. Whatever works: driving a 10-year-old beater, mac 'n' cheese, renting a cheap apartment
- c. Movin' on up: starting out on a shoestring is okay, but I want the best eventually

7. I thrive in the following environment:

- a. High energy, high stress situations
- b. Laid back and safe situations
- c. A changing environment that isn't too crazy but isn't guaranteed peace and quiet, either

8. I would be happiest with:

- a. Regular pay (both amount and frequency) and steady work
- b. A free schedule that doesn't tie me down even if it doesn't guarantee steady income
- c. A steady part-time job that doesn't pay all the bills, but it's a start

9. My attitude toward compromise is:

- a. I'm really easy-going; whatever people need is fine
- b. I'm pretty set in my ways once I've made up my mind
- c. I've got strong ideas, but I'll listen to yours
- d. I don't

10. I take rejection and:

- a. Work even harder (it challenges me)
- b. Take time to recover (rejection is hard for me)
- c. Keep on going as if nothing happened (it doesn't bother me)

11. My organisational skills are:

- a. Unbelievable - I always know where every scrap of paper is, where I need to be and when
- b. Not so hot - I can get by with a great performance, so who will notice if I'm late?
- c. I'm working on them
- d. I'm random, and at peace with chaos

Now review your answers

- Is the security of regular hours and a regular pay check important to you?
- Do you enjoy lots of variety and freedom?
- Do you work best with clear structure and expectations?
- How resilient are you?
- How motivated are you?
- In your profession, is the work mostly over the weekends, evenings, and holidays, when many other people are playing? If not, would you prefer it to be?
- What is your interpersonal style: how well do you 'play with others'?
- How do your responses relate to work within your chosen field? Keep this in mind as you continue to plan both study and work.

Make it count!

Appoint yourself Director of Everything, and create your own, perfect career. What does it look like? Does it have a single job with a single employer, does it have variety, does it involve lots of different work settings, does it pay well, does it make a difference to the world? Next, write the post or advertisement for the role that would get you started in this perfect career. Think about what you can do to get there!

This resource was contributed by Janis Weller (McNally Smith College of Music) and Dawn Bennett (Bond University).