What characteristics would describe satisfying work for you?

Skills

Interests

Values

Life/Work Preferences

**Work**

Work that accommodates our skills, interests, values, and personal preferences will bring us the most satisfaction.

Source: Marie-Louise d’Entremont-Gray in Lorraine Haché and Clarence de Schiffart. *Blueprint Implementation Guide*. National Life/Work Centre et al., 2002. 61–62, Appendix A18. Adapted with permission of National Life/Work Centre.