

BLISS Analysis

When looking to advance or change your career, using the BLISS acronym can help you to narrow down the options available AND act as a reality check. Sometimes we may THINK that we want a particular role, but when we really analyse what that means for us, our situation and our preferences, it may not be so ideal after all! BLISS stands for...

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| What benefits do I expect from my career? | Benefits can be objective or subjective. So you may wish to describe the benefits in terms of salary, management level, notoriety, or more subjective things such as independence, freedom, or flexibility. The most important thing is that you are clear about what matters to you in your choice of career. |
| What are my limitations ? | Limitations may be practical or psychological. For example you may not be able to travel, or maybe you have a disability or condition that rules out certain activities. Other limitations may be psychological or cognitive. If you really cannot speak another language, you won't choose a career that demands lots of overseas contact. Limitations can also be 'lines that you will not cross'. For example you may choose not to work for certain businesses on moral grounds, no matter what salary is offered. |
| What interests should my job satisfy? | Interests are about understanding what you enjoy doing and what parts of work give you the most satisfaction. Although you may choose to do a job that you dislike as a 'means to an end' in the short-term, to remain stuck in this job will gradually lead to dissatisfaction and possibly stress and depression. |
| What skills do I possess? | Understand the skills that you bring to any career. Look beyond specific qualifications and technical abilities, and consider interpersonal skills and more generic abilities that you may take for granted, yet could add value in fields other than the one you currently work in. It's easy to over or underestimate your own skills however so make sure that you get the views of other people so that you are realistic in your assessment. |
| What am I willing to sacrifice for my career? | Sacrifice often isn't considered by people when making career choices. This is all about being honest about what you are willing to give up for your career. Are you willing to give up time with your family? Are you willing to work evenings and weekends? Are you willing to take a reduced salary? Are you willing to study in the evenings? We all have different values and there is no right and wrong – just make sure you are happy that the benefits are worth the price. |