

CAREER AND LIFE PLANNING EXERCISE



Evaluating Community

Evaluating Community

Quality of life is reflective of the lifestyle we want. Learn how community factors drive, influence and/or shape our sense of overall happiness based on our wants, needs and must have's.

What can you live with
verses what you
cannot live without.
The drivers, influences
and shapers of our
happiness.

Objectives:

By the end of this exercise, the participant will be able to:

- Identify community activities and resources that drive, shape and influence our sense of well-being and happiness. They will:
 - Assess which community features and resources are most important by assigning quantitative values to the level of want, need or must have's for each community/position they are considering.
 - Objectively assess quality of life factors based on quantitative assignments.



Evaluating Community

How to Use This Tool:

1. Review each category and assign a numeric value to the level within the corresponding range of want, need or must have as a quality of life measure for you for that item.
2. Compare and contrast your findings against your quality of life expectations to assess your potential for happiness.

Related Resources

To view resource, click on the desired Title or go to physiciancareerplanning.com and type in the desired title or Resource No. into the "Enter Keyword" field and click search.

TITLE	RESOURCE NO.
Evaluating Geographic Location	E-07
Job Selection	ST-07
Personal Preferences Vs. Market Conditions	E-16



Evaluating Community

Instructions:

For each item in each section select the answer that best reflects your needs. 0-3 Don't want; 4-5 Like; 6-7 Need; 8-10 Must Have. Write out additional notes into the Comments section.

Evaluating Recreational Needs:

Fishing	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have	Movie Theatre	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have
Hunting	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have	Miniature Golf	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have
Boating	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have	Childcare	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have
Biking	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have	Fitness Center	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have
Hiking	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have	Hair Salon	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have
Golfing	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have	Nail Salon	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have
Nightclubs	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have	Casinos	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have
Comments:							



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Evaluating Restaurants and Coffee Shop Needs:

Asian	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have	Indian	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have
Bakeries	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have	Italian & French	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have
Bars & Lounges	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have	Mexican	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have
Barbecue	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have	Middle Eastern	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have
Breakfast	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have	North American	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have
Buffets	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have	Pizza	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have
Casual Dining	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have	Steakhouses	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have
Delis	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have	Fast Food	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have
Fish & Seafood	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have	Desserts & Smoothies	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have
Health & Diet Food	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have	Coffee Shops	0 1 2 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't Want	4 5 6 7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Like Need	8 9 10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Must Have

Comments:



CAREER AND LIFE PLANNING EXERCISE

ADVENTURES
IN MEDICINE

Evaluating Community

Instructions:

For each item in each section select the answer that best reflects your needs. 0-3 Don't want; 4-5 Like; 6-7 Need; 8-10 Must Have. Write out additional notes into the Comments section.

Evaluating Restaurants and Coffee Shop Needs:

Bookstores	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have	Wholesale Clubs	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have
Home Improvement	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have	Department Stores	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have
Home Goods	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have	Electronics	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have
Grocery Stores	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have	Pet Stores	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have
Comments:							

Evaluating Restaurants and Coffee Shop Needs:

International	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have	
Continental	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have	
Regional	0 1 2 3 □ □ □ □ Don't Want	4 5 6 7 □ □ □ □ Like Need	8 9 10 □ □ □ Must Have	
Comments:				

Coming soon: Evaluating School Needs and Evaluating Church Needs

