

### CAREER SATISFACTION SELF-ASSESSMENT

To help you get a better sense of your current level of career/job satisfaction, take a minute to rate yourself on a scale of 1 to 5 for each of the following statements. Then total your score below.

*1 = Not true at all    2 = Rarely true    3 = Sometimes true  
4 = Mostly true    5 = Always true*

- \_\_\_ I look forward to going to work most mornings.
- \_\_\_ I enjoy the work I do.
- \_\_\_ I enjoy the people with whom I work.
- \_\_\_ I am learning, growing, and being challenged on the job.
- \_\_\_ I respect my boss and have a good working relationship with him or her.
- \_\_\_ My core values mesh well with my organization's core values.
- \_\_\_ I am supportive of the direction my organization is going in and the strategy we are using to get there.
- \_\_\_ I feel hopeful about my future and the career opportunities that lie ahead of me.
- \_\_\_ I am well regarded and my expertise is sought after in my organization.
- \_\_\_ I am making the kind of contribution I want and believe I am capable of making.

**YOUR TOTAL SCORE:** \_\_\_\_\_

If your score is 25 or lower, you may be at a crossroads in your career, regardless of whether you have faced it yet. Even a score of 30–35 may indicate that you are not as engaged, productive, or satisfied in your work as you want to be and could benefit from thoughtfully considering the path you're on. Although you may still be showing up for work every day, if your score is low, chances are good that you may have already checked out emotionally.