

Career Satisfaction Assessment

Do you have a love/hate relationship with your career path?
Find out how satisfied you really are.

Everyone wants to feel like they are on the career path that they are meant to be on. You want to know that your career choice is a good choice for your personality and goals. Of course, you want to be satisfied with the way that your career is progressing forwards.

It is normal to wonder whether you are on the right track. Now you can find out. This assessment will let you know how much you are satisfied with your career situation, whether you may be selling yourself short or sticking in something that is not right for you, and if it seems that you are looking for a change.

Disclaimer: This assessment is not intended to provide a psychological or psychiatric diagnosis and your completion of the test does not indicate a professional counselling or coaching relationship with the creators or administrators of the test. *[Used for clients only, with permission from Holistic Coaching Academy.]*

Statements and Your Answer

Please complete all items. Rate each item on a scale of 1-5. Please choose one number and do not write a decimal, such as 3.5. Select the answer that best represents your feelings, thoughts, and behaviours regarding your current career situation. Choose how true each statement is for you.

| From 1 – Less True to 5 - More True | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| 1. Lately, I have been feeling very unmotivated to get up in the morning and go to work. | | | | | |
| 2. I have frequently wondered and worried about whether I am in the right profession. | | | | | |
| 3. My career currently requires me to act in a way that seems opposite to my personality. For instance, I am a sociable person but my job is more solitary (or vice versa). | | | | | |
| 4. When I am at work, it has become harder and harder to concentrate over the past several months. | | | | | |
| 5. I commonly have thoughts like, "Where am I heading in my career?" | | | | | |
| 6. I often feel unsure about the career path that I have selected for myself. | | | | | |
| 7. I think that my current job does not allow me to utilize many of my natural talents and abilities. | | | | | |
| 8. I do <i>not</i> feel inspired or creative in my career right now. | | | | | |
| 9. Others have told me that I do not seem satisfied with how my professional life is developing. | | | | | |
| 10. I have noticed that I have recently been irritable at work and that I get frustrated very easily. | | | | | |

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|---|--|--|--|--|--|
| 11. I do <i>not</i> have a vision or image of where I want to be in my career or profession. | | | | | |
| 12. I am envious of people who know exactly where they are heading in their careers and of people who are on the path to get where they want to go. | | | | | |
| 13. I wish that I knew what I really want to do over the course of my career. | | | | | |
| 14. Somebody close to me has recently told me that I do not seem to be happy when I discuss my work situation. | | | | | |
| 15. My work really feels like work, in fact, it is a lot of work just to get myself there in the morning. | | | | | |
| 16. I sometimes think about people's comments on their careers, such as "I feel like I found the right job for me" and wonder what that would actually feel like. | | | | | |
| 17. When I think about my job and future career directions, I do <i>not</i> feel excited or enthused. | | | | | |
| 18. It is typical for me to arrive late at work or look for reasons to leave early since I am not interested in being there. | | | | | |
| 19. I do <i>not</i> have specific goals set for my career path. | | | | | |
| 20. Some words to describe how I have felt often about my career include "frustrated, confused, unsure, and bewildered." | | | | | |
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| 21. When I tell others about my line of work, I notice that the way I speak is quite "blah" or uninterested. | | | | | |
| 22. I am pretty sure that other people are a lot happier with their chosen career paths than I am. | | | | | |
| 23. I do <i>not</i> like my current job <i>and</i> I do not see exactly how it fits in with my ultimate career goals and dreams. | | | | | |
| 24. It would be difficult for me to articulate my career mission and purpose. | | | | | |
| 25. Recently, I have been feeling bored and annoyed at my work almost every day. | | | | | |
| 26. I wish that I had the time, money, support, or other resources to switch over to a new field. | | | | | |
| 27. If I stay in my current job or type of job, I fear that I will constantly feel that something important is missing. | | | | | |
| 28. I would love to feel more content or comfortable with my career choices. | | | | | |
| 29. I just cannot seem to get the energy or focus necessary to do my best at work. | | | | | |
| 30. Lately, I have frequently compared myself to others and felt upset that they seem to be doing so much better in their careers than I am. | | | | | |
| Total #Answers | | | | | |
| TOTAL SCORE | | | | | |
| (total #answers * score; ex. 4 answers for score 2 = 4*2=8) | | | | | |