

# 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.

## 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.					

The full Career Satisfaction Assessment includes 30 statements.

Find out how satisfied you truly are! Book a free call with Natália Leal at [tinyurl.com/yykq8m9e](https://tinyurl.com/yykq8m9e) or via [www.natalia-leal.com/contact](https://www.natalia-leal.com/contact) to complete the assessment and know your score.

**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.]*