

Career Satisfaction Scale

**DO YOU HAVE A LOVE/HATE RELATIONSHIP WITH
YOUR CAREER PATH?**

Find out how satisfied you *really* are.



MISSION STATEMENT:

To help young professionals find their own “sweet spot” with work so they can live productive and prosperous lives to share with others.

INTRODUCTION

Do you want to feel like you are on the correct career path?

Is your current job consistent with your personality and your goals?

Are you satisfied with the way your career is moving forward?

If you've wondered whether or not you are on the right track, this assessment is for YOU!

It will give you an idea of how satisfied you are with your current career situation, whether you might be selling yourself short or sticking with something that is not right for you, and indicate if a change might be in your best interests.

HERE'S WHAT TO DO:

- Complete all items.
- Rate each item on a scale of 1 to 5. Choose a whole number (not 3.5 or 2.1, etc.)
- Select the answer that best represents your feelings, thoughts, and behaviors regarding your current career situation.
- Here is the scale for this assessment. Choose how true each statement is for you.



ASSESSMENT

<i>Statement</i>	<i>Rating</i>
I feel very motivated to get up in the morning and go to work.	
I am confident I am in the right profession.	
My career currently allows me to act in a way that seems like an exact fit for my personality.	
When I am at work, it is never hard to concentrate.	
I hardly ever have thoughts like, “Where am I heading in my career?”	
I am certain about the career path that I have selected for myself.	
I think that my current job allows me to utilize many of my natural talents and abilities.	
I frequently feel inspired or creative in my career right now.	
Others have told me that I seem satisfied with how my professional life is developing.	
I have noticed that I seldom become irritable at work and that I do not get frustrated very easily.	
I have a vision or image of where I want to be in my career or profession.	
I am not 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.	
I think I know what I really want to do over the course of my career.	
Somebody close to me has recently told me that I seem to be very happy when I discuss my work situation.	
My work never feels like a grind, in fact, it is a joy just to get there in the morning.	
I sometimes think about people’s comments on their careers, such as “I feel like that I found the right job for me” and believe I know what that feels like.	
When I think about my job and future career directions, I am very excited and enthused.	

<i>Statement</i>	<i>Rating</i>
It is typical for me to arrive early at work or look for reasons to stay late since I like it so much.	
I have specific goals set for my career path.	
Some words that DO NOT describe how I have felt about my career include “frustrated, confused, unsure, and bewildered.”	
When I tell others about my line of work, I notice that the way I speak is quite inspired.	
I am pretty sure that other people can’t be much happier than I am with their chosen career paths.	
I like my current job and I see how it fits in with my ultimate career goals and dreams.	
It is easy for me to articulate my career mission and purpose.	
Seldom do I feel bored and annoyed at my work.	
If I stay in my current job or type of job, I won’t fear that something important is missing.	
I am fairly content and comfortable with my career choices.	
It is not hard to get the energy or focus necessary to do my best at work.	
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	

SCORE INTERPRETATIONS

Total Score 0 – 50

This score indicates a high likelihood you are dissatisfied with your current career situation. You may feel frequently frustrated and easily irritated at work.

You may be experiencing signs of burnout, such as lack of energy and motivation, frustration, or hopelessness.

This may be because you actually are burned out and sick of your work
OR
Because you are in the wrong field.

It is possible that you are not satisfied with your career because it is not a good match with your personality.

Many personality traits such as introversion / extroversion, and optimism / pessimism impact your career satisfaction. If you are naturally an extroverted person, for example, you may never be content in a position where you sit in an office at a computer all day.

Another possibility is that you are easily affected by social comparison and you feel that your career path is not good when compared to other people. Career coaching could help you to select and pursue the career path that is really right for you.

Total Score 51 – 100

Your score indicates a reasonable likelihood that you are moderately satisfied in your career. You may feel like your career is moving along fairly well, but feel frustrated or disappointed at times. Some of these feelings are very normal.

On the other hand, you do not want to write them off because they may be telling you about certain aspects of your career with which you are less satisfied. Your current career satisfaction is impacted by your personality traits. If you tend to be someone who is more optimistic, you may be more satisfied with your career and able to see how it is progressing in the direction that you would like.

If you are typically impatient, you may be frustrated because things are not moving along as quickly as you would like. Your current satisfaction rating is slightly above average and could be higher if you explore the issues that are bringing your satisfaction down.

Total Score 101 – 150

Your score indicates that it is likely that you are one of the lucky few who are very satisfied with your career. Most people do not achieve this level of satisfaction. It is likely that you have worked hard to be where you are and that you are able to revel in your accomplishments and successes.

You are probably doing something that you enjoy and which is personally meaningful to you. The fact that you are satisfied does not necessarily mean that you have already achieved all that you hope to achieve; but that you are well on your way and that you know what it is you would like to accomplish.

It is likely that you know your career goals and that you recognize how far along you are in the process currently. You have probably found a career path that is a good match for your personality and personal aspirations.

Disclaimer: This assessment is not intended to provide a psychological or psychiatric diagnosis and your completion of the test does not indicate a professional counseling or coaching relationship with the creators or administrators of the test.

Assessment Originally Developed by:

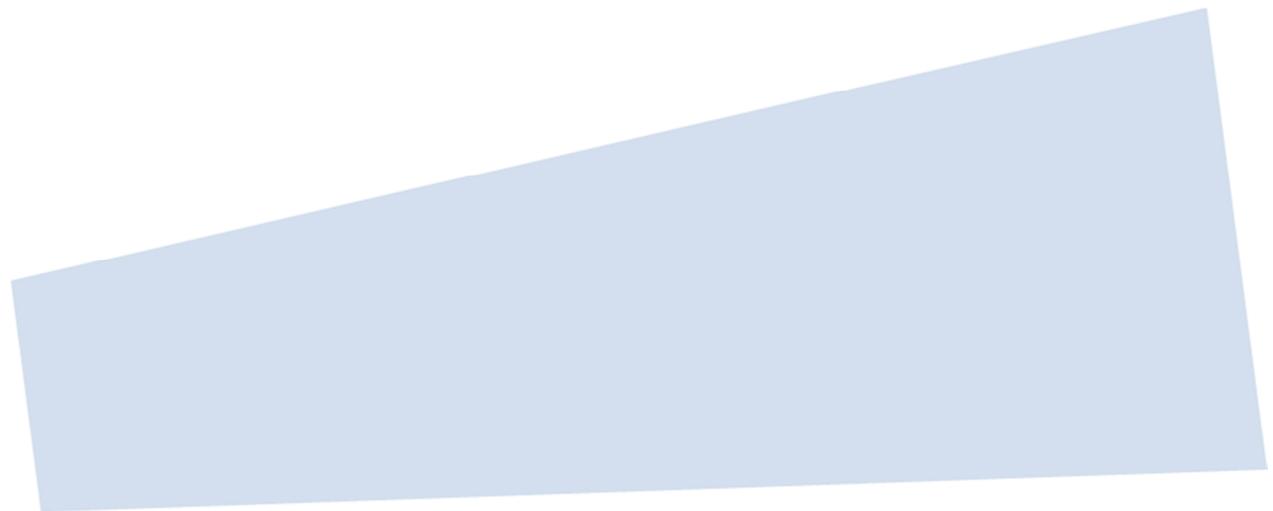
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NEXT STEPS

As a result of this assessment, if you have found that some changes are in order, **Doug Thorpe** can help. He offers one-on-one coaching to guide you to and through the logical next steps to get you where you want, and need, to be.

Understanding that coaching is probably new to you, Doug provides a complimentary (meaning, totally free!) 10-minute Career Strategy session by Skype so you can experience coaching for yourself and see if you would like to work with Doug to find or develop the career you can truly enjoy.

This session will also give you the opportunity to get some of your questions answered so you can make an informed decision going forward.

To schedule your complimentary session, please email Meet.Doug@HeadwayExec.com

Visit the blog at DougThorpe.com