

# How Satisfied Are You in Your Current Occupation ?

To determine your satisfaction level in your occupation, consider the answers to the following questions (circle your answers) :

- |   |          |           |        |              |
|---|----------|-----------|--------|--------------|
| 1. Do I feel satisfied and fulfilled in my current occupation?                                      | yes      | no        | unsure |              |
| 2. Am I receiving adequate compensation for what I do?  | yes      | no        | unsure |              |
| 3. Am I bored in my occupation?   | never    | sometimes | often  | all the time |
| 4. Do I look forward to going to work in the morning?   | never    | sometimes | often  | all the time |
| 5. In the work environment comfortable and pleasant?  | yes      | no        | unsure |              |
| 6. Do I get along well with my co-workers?  | never    | sometimes | often  | all the time |
| 7. Do I respect my supervisors?   | never    | sometimes | often  | all the time |
| 8. Do I like what my place of employment stands for?  | yes      | no        | unsure |              |
| 9. Would I like to be working for another company?  | never    | sometimes | often  | all the time |
| 10. Would I like a different position?  | yes      | no        | unsure |              |
| 11. Am I developing my skills and potential at my current occupation?                               | yes      | no        | unsure |              |
| 12. Does it make me feel happy to be doing the same occupation over the next three years?           | yes      | no        | unsure |              |
| 13. How would I rate my current career satisfaction on a scale of 1-10 (1=very low; 10= very high)? | _____/10 |           |        |              |

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NOTE: This questionnaire is provided for informational purposes only and is not intended to replace professional guidance. If you find that your mental, emotional, relational or physical well-being is being affected by your current occupational dissatisfaction you should seek professional guidance. Satisfaction with our current occupation can affect every other part of our lives, including our self-esteem, our relationships and our mental/emotional/physical health. Such dissatisfaction should not be taken lightly.

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