

CAREER SATISFACTION

The below prompts should help you in assessing how happy you are with your work and career trajectory. Consider your responses carefully and flag any areas that require improvement, plus any actions you want to take, over the page.

Agree

Disagree

- 1. I'm happy with my work-life balance**
- 2. I have clear career goals**
- 3. My work is consistent with my values**
- 4. My work fully utilises my talents and skills**
- 5. I make enough money**
- 6. I'm rarely anxious about my work**
- 7. My workload is manageable**
- 8. I get on well with my colleagues**
- 9. I feel valued at work**
- 10. I don't fantasize about other career paths**
- 11. My work is fulfilling**
- 12. I'm rarely bored at work**
- 13. I have all the resources I need to do my best work**
- 14. I feel challenged at work**
- 15. I feel my good days outweigh my bad ones**
- 16. I frequently achieve a state of creative 'flow'**
- 17. I mostly look forward to each new working day**

18. I enjoy talking about my work with friends

19. I know where I want to be in 5 years

20. I feel hopeful about my future

What areas need attention?

What actions will I take to address this?

Notes