



Career Satisfaction Quiz

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.

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 behaviors regarding your current career situation. Choose how true each statement is for you.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
Less True More True

Statement	Response
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 *not* 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. _____
- 11. I do *not* 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 *not* 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 *not* 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.” _____
- 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 *not* like my current job *and* 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. _____

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.



Career Satisfaction Quiz Results

Score Interpretations

Total Score 101-150

This score indicates a high likelihood that you are dissatisfied with your career right now. You may feel frequently 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 who you are deep inside. The good news is, you don't have to be stuck in a career that does not fulfill you. We spend on average a quarter of our life at work and we all deserve to do something that feels right.

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Total Score 51-100

Your score indicates a high 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 satisfaction rating is slightly above average and could be higher if you explore the issues that are bringing your satisfaction down. Sometimes it just requires a little tweak or new perspectives to fully unleash your career potential.

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Total Score 0-50

Your score indicates that it is likely that you are one of the lucky few who is 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 achieve. 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.

Our Webinar may not be relevant for you right now but you're welcome to join if you're curious.

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