

Are you satisfied with your job? Take this quiz to find out

Read each statement and mark whether you agree or disagree with it:

Job Satisfaction Quiz		
Statement	<u>Agree</u>	or <u>Disagree</u>
1. You look forward to going to work on Monday morning.		
2. You have mainly positive relationships with your co-workers.		
3. You have close friends at work.		
4. You feel your creativity and innovation is respected.		
5. You feel recognized and appreciated by your boss.		
6. Your values fit with the values of the company you work for.		
7. You feel included in decision-making.		
8. You feel well-equipped to perform your job.		
9. When people ask you about work, you say positive things.		
10. More money is always welcome, but you feel your rate of pay is fair.		
11. You have opportunities to learn things that will help further your career.		
12. You may get bored occasionally, but most of the time your work is interesting.		
13. Your job feels like a good fit for your interests, skills and personality.		
14. You have energy at the end of the day for personal interests, family, and friends.		
15. You do a good job but you still want to do things even better.		
16. Stressful situations sometimes occur, but you don't regularly feel stressed-out or overwhelmed.		
17. You feel that there is room to progress in your job.		
18. You accepted your current position because you found the work interesting, not just because it was a way to pay the bills.		
19. You're not just staying in your job because of debt or fear of change.		
20. You feel you're engaged in meaningful work.		
Total each column		

Interpreting the score: There are twenty questions in this survey. Look at the total for the “Agree” column and use the following chart to help you determine how satisfied or dissatisfied you are with your current job.

0 to 5

Very low. Your work provides you with little or no satisfaction. Consider the tips above for gaining more satisfaction at work or follow the guidelines below for making a career change.

6 to 10

Low. Your working life isn’t a total lost cause but you could find a career that is a better fit for your personality, interests, and ambitions.

11 to 15

Medium. Overall, you feel satisfied with your job, but may need to look at alternate positions in order to challenge yourself more, gain more recognition, or better balance your work and home life.

16 to 20

High. Congratulations, you seem to feel valued and challenged in your job. You may still want to intermittently research other companies and positions, just to ensure your career is progressing as you want.