The Career Self-Assessment

Find out whether you are someone who is likely to significantly benefit from a career or job change

This career-self assessment contains questions that will help you to honestly think about how you feel about where you are in your career. This assessment contains 30 questions that can provide useful insight into the decision of changing careers or seeking more satisfying work solutions.

The decision to make a job or career change should be taken very seriously and based on self-analysis that reveals your true feelings about your current and future career.

Please complete all items. Rate each item on a scale of 1-5. Please choose the one number that best represents your feelings, thoughts, and behaviors. Choose how true each statement is for you.

1	2	3	4	5
Less True				More True

#	Statement	Response
1	I know my value at work and am proud of the work that I do to help the company succeed.	
2	Others can see that I take pride in my current job.	
3	On Monday mornings, I wake up excited about the upcoming work week.	
4	I apply my greatest skill in the workplace and am valued for it.	
5	I have a long-term vision for my career and I am on-track to reach it.	
6	I often volunteer and take on extra assignments when needed at work.	
7	I understand how my field/industry is changing and how it impacts my career.	
8	I am passionate about the work that I am doing.	
9	I am aware of the impact and strengths that I bring to the workplace.	
10	I rarely think about changing my current job.	
11	My current job adequately uses my skills.	

12	My salary is reflective of my contribution to the company.	
13	I enjoy my work environment and the people in my office.	
14	If I could have any job, I would happily keep that one that I have now.	
15	I am continually learning new skills and developing new capabilities.	
16	My role and responsibilities at work, satisfies my purpose for working.	
17	I am motivated to work hard everyday at work.	
18	I am respected by my colleagues and management.	
19	I am very proud of the work that my company does.	
20	I am comfortable and happy about my current skills.	
21	I consider my co-workers to be my friends.	
22	I have a high amount of energy at work. Others know that I am proud of my career.	
23	Others know that I am proud of my career.	
24	I feel that I make a difference.	
25	I am proud of the reputation that my company has.	
26	I am satisfied with my work-life balance.	
27	I have the kind of career that I have always dreamt about.	
28	I have skills and training that are utilized as I perform my job.	
29	I am aware of my interests and how they relate to my work.	
30	I am able to attend periodic training to continually increase my skills.	

Contact Coach Colin T. (www.oligye.com or CoachColinT@oligye.com) to schedule a Complimentary Coaching Session and discuss the results of your assessment and what it means for your career.

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