

# What is Your Occupational/Career Wellness?

*The occupational dimension involves choosing a career/job that is rewarding and enjoyable.*

Read each statement carefully and respond honestly by using the following scoring:

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

- \_\_\_\_\_ 1. I am happy with my career choice.
- \_\_\_\_\_ 2. I look forward to work.
- \_\_\_\_\_ 3. My job responsibilities/duties are consistent with my values.
- \_\_\_\_\_ 4. The payoffs/advantages in my career field choice are consistent with my values.
- \_\_\_\_\_ 5. I am happy with the balance between my work time and leisure time.
- \_\_\_\_\_ 6. I am happy with the amount of control I have in my work.
- \_\_\_\_\_ 7. My work gives me personal satisfaction and stimulation.
- \_\_\_\_\_ 8. I am happy with the professional/personal growth provided by my job.
- \_\_\_\_\_ 9. I feel my job allows me to make a difference in the world.
- \_\_\_\_\_ 10. My job contributes positively to my overall well-being.

\_\_\_\_\_ **Total for Occupational Wellness**

SCORE	MEANING
<b>15 to 20 Points</b>	Excellent strength in this dimension.
<b>9 to 14 Points</b>	There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?
<b>0 to 8 Points</b>	This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.