

# CAREER CHECK-UP

INDICATE YOUR RESPONSE USING THE FOLLOWING SCALE:

5 = I do not know

4 = Almost never or never

3 = A few times (much less than half the time)

2 = Sometimes (about half the time)

1 = Most of the time (much more than half the time)

0 = Always or almost always

5    4    3    2    1    0



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Are you doing work that you enjoy?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Are you doing work that you are proud of?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Are you wholly engaged, passionate about what you are doing, and doing what you're good at?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Are you doing work that challenges you and helps you grow?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Are you comfortable with your company's culture and environment?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do big changes at work make you feel excited about new opportunities?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Are you respected by your boss and peers?

\_\_\_\_\_ Total Score

## INTERPRETING YOUR SCORE

Your Score:	26+	14-25	8-13	0-7
You could be:	Stuck in transition	In need of a career change	Ready for a career boost	Happy as your ultimate self