

My Job Satisfaction Inventory

Please circle the appropriate response after each item. 1 = strongly disagree; 2 = no opinion; 3 = strongly agree.

- | | | | | |
|-----|--|---|---|---|
| 1. | I like my current job. | 1 | 2 | 3 |
| 2. | I am clear about my career direction. | 1 | 2 | 3 |
| 3. | It is easy for me to set goals for myself. | 1 | 2 | 3 |
| 4. | I usually attain the goals I set. | 1 | 2 | 3 |
| 5. | I have no fears about changing jobs. | 1 | 2 | 3 |
| 6. | I think of myself as a successful person. | 1 | 2 | 3 |
| 7. | I have high self-esteem. | 1 | 2 | 3 |
| 8. | Once I decide to make a change in my life, I usually move ahead and do so without making excuses or procrastinating. | 1 | 2 | 3 |
| 9. | I view change as a healthy occurrence. | 1 | 2 | 3 |
| 10. | The work environment in my current job meets all of my needs. | 1 | 2 | 3 |
| 11. | I know exactly which career field I want to enter (or in which I want to stay). | 1 | 2 | 3 |
| 12. | I understand what motivates me to work, and I make job choices based on those factors. | 1 | 2 | 3 |
| 13. | I understand the inner needs that I feel a job should fulfill. | 1 | 2 | 3 |
| 14. | My inner needs are fulfilled through my work. | 1 | 2 | 3 |
| 15. | I know the signs that tell me when it is time for me to change jobs or careers. | 1 | 2 | 3 |
| 16. | I enjoy nearly all of the tasks performed in my job. | 1 | 2 | 3 |
| 17. | My job allows me to satisfy my personal values and fulfill my personal goals as I do the work. | 1 | 2 | 3 |

To determine your score, add the total of all numbers you have circled. The highest possible score is 51; lowest is 17. If your score is 40 or higher, you have a high level of satisfaction and may simply want to enhance that positive experience. If your score is 27-39, you have some work to do to achieve satisfaction. Those with scores less than 27 need to work carefully through the exercises in this book -- your satisfaction level is extremely low.