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

<table>
<thead>
<tr>
<th>SCORE</th>
<th>MEANING</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 to 20 Points</td>
<td>Excellent strength in this dimension.</td>
</tr>
<tr>
<td>9 to 14 Points</td>
<td>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?</td>
</tr>
<tr>
<td>0 to 8 Points</td>
<td>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.</td>
</tr>
</tbody>
</table>