

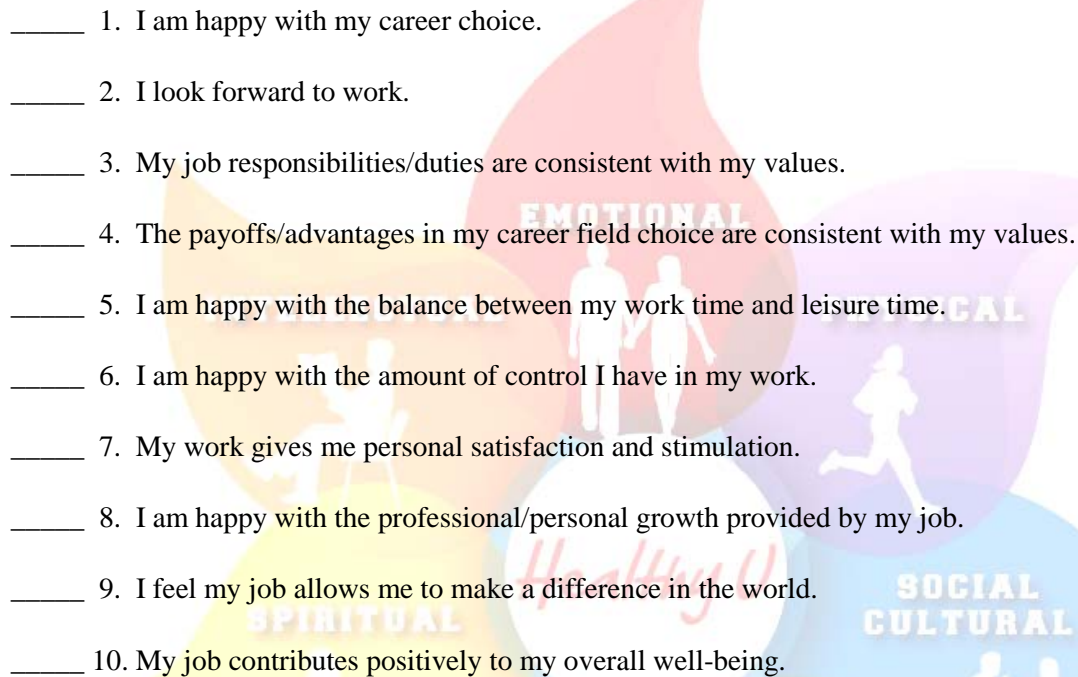
Occupational Wellness Assessment

The occupational dimension of wellness 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

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- _____ 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 Dimension

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - 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?

Score: **0 to 8 Points** - 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.