

Work Satisfaction Questionnaire

Developed by Nancy Harris, Certified Life Coach

Please rate the following questions on a 1 to 7 scale, with 1=Strongly Agree and 7=Strongly Disagree.

1. _____ I enjoy my work or career.
2. _____ I feel my gifts and talents are being fully utilized.
3. _____ I feel valued and respected by my co-workers.
4. _____ I feel I am fulfilling my life purpose.
5. _____ I am encouraged to explore my potential at work.
6. _____ If money was not an issue, I would still stay at my present job.
7. _____ When I wake up in the morning, I look forward to going to work.
8. _____ I feel I am growing and learning in meaningful ways at my work.
9. _____ If I continue at my present job, I will be satisfied with my choice in ten years.
10. _____ I feel confident that I am going to get what I need at my current job.
11. _____ I feel my work environment and work culture is healthy and reflects my values.
12. _____ I have a positive work environment.
13. _____ I feel emotionally supported by my peers at work.
14. _____ I feel emotionally supported by my managers at work.
15. _____ I feel like I have opportunities for self-expression in my work.
16. _____ I'm proud of my work.

Total Score: _____

If your Total Score is below 64, then it is likely that your job dissatisfaction is causing stress in your life. In the space below, list some things that you think you could do to improve this situation.

If you don't do anything to improve your job satisfaction, how do you think this will affect you and your family?
