

# CAREER FULFILLMENT TEST

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1. Do you bring your whole self to work?
2. How much joy do you experience in your work?
3. How do you feel when anticipating Monday morning?
4. Do you feel you are giving 100% of your capacity?
5. How would you define your purpose at work?
6. How would you describe your work environment?
7. How would you describe your work relationships?
8. How often do you feel overwhelmed and out of control?
9. Do you get to do the tasks/projects that give you satisfaction?
10. Do you have enough time/energy left over to interact with family & friends?
11. Do the urgent things overshadow the important things?
12. Do you find yourself working through lunch hour?
13. Do you find yourself managing your inBox at midnight?
14. On a scale of 1-10 where would you put your energy level? (1-low, 10-high)
15. What do you do to replenish your energy?
16. Are you making a difference?
17. When did you express appreciation to a colleague last?
18. When is the last time a colleague expressed appreciation of you?
19. Do you find opportunities to learn & grow professionally?
20. Do you express your unique strengths & abilities in your work?