



CAREER CHANGE SELF-ASSESSMENT

Rate each of these factors on a scale of 1 to 5, 1 = does not apply to me or does not affect me to
5 = affects me greatly. Circle your answer for each line and then add up your score

FACTOR	1	2	3	4	5
I dread going to work most days	1	2	3	4	5
I fear for my physical safety in my current job	1	2	3	4	5
My current job is a threat to my emotional wellbeing	1	2	3	4	5
My skills are becoming increasingly irrelevant to my job	1	2	3	4	5
Most days, I am overwhelmed at work	1	2	3	4	5
My job is boring	1	2	3	4	5
I can't move up in my current job/company	1	2	3	4	5
I don't feel appreciated by my co-workers	1	2	3	4	5
I am not valued as an employee by my supervisor/boss	1	2	3	4	5
My work environment is dysfunctional	1	2	3	4	5
Part (or all) of my job requires me to do something I don't enjoy	1	2	3	4	5
I make less (on average) than other people who do my job	1	2	3	4	5
I can't make much more for the work I do if I keep working here	1	2	3	4	5
I can't stand the thought of working here much longer	1	2	3	4	5
I'm not doing the kind of work I'm passionate about	1	2	3	4	5
I didn't see myself working here for this long	1	2	3	4	5
This job doesn't fit into the long-range plans I had for myself	1	2	3	4	5
My company was just bought out (or bought another company)	1	2	3	4	5
I've recently gotten a new boss	1	2	3	4	5
I was asked to take a voluntary pay cut or my pay was cut	1	2	3	4	5
Part of my job responsibilities were given to someone else	1	2	3	4	5
I'm in a dead-end job	1	2	3	4	5
My industry is going through significant changes and/or is dying	1	2	3	4	5
TOTALS					

23-46 points:
47-69 points:
70-92 points:
93-115 points:

You're starting to see reasons to make a change, but there's no urgency
Look for opportunities to make little adjustments and see if that helps
You probably need a change ... Start thinking about what you want to do
This ship is going down ... It's time to take action