

Open Door Coaching's Job Satisfaction Inventory

Please circle the appropriate response after each item.

1 = *strongly disagree*; **2** = *no opinion*; **3** = *strongly agree*.

1.	I like my current job.	1	2	3
2.	I am clear about my career direction and life purpose.	1	2	3
3.	It is easy for me to set goals for myself.	1	2	3
4.	I usually attain the goals I set.	1	2	3
5.	I have no fears about changing jobs.	1	2	3
6.	I think of myself as a successful person.	1	2	3
7.	I have high self-esteem.	1	2	3
8.	Once I decide to make a change in my life, I usually move ahead and do so without making excuses or procrastinating.	1	2	3
9.	I view change as a healthy occurrence.	1	2	3
10.	The work environment in my current job meets all of my needs.	1	2	3
11.	I know exactly which career field I want to enter (or in which I want to stay).	1	2	3
12.	I understand what motivates me to work, and I make job choices based on those factors.	1	2	3
13.	I understand the inner needs that I feel a job should fulfill.	1	2	3
14.	My inner needs are fulfilled through my work.	1	2	3
15.	I know the signs that tell me when it is time for me to change jobs or careers.	1	2	3
16.	I enjoy nearly all of the tasks performed in my job.	1	2	3
17.	My job allows me to satisfy my personal values and fulfill my personal goals as I do the work.	1	2	3

To determine your score, total of all numbers you have circled. The highest possible score is 51; lowest is 17.

Scoring:

40-51	High level of satisfaction
27-39	Medium level of satisfaction
< 27	Low level of satisfaction

Increase job satisfaction; feel satisfied in your work and career. Call Open Door Coaching today for a Free 30 minute session to determine how to enjoy the career you've always wanted and how to improve satisfaction with your professional and personal goals, 603-880-1968 or email Debora@OpenDoorCoaching.com.