



Your Career Assessment

Here's a quick and easy way to assess your career. It is a great tool for measuring your career satisfaction in your current stage of life.

Select Y (for yes) or N (for No) for each of these 25 statements. Then use the scoring key to know where you score.

I have a written career plan that includes my mission, vision, goals and the specific action steps to achieve these goals. Y___ N___

I am satisfied with my career to date and feel that I'm on plan. Y___ N___

**I don't have any fear about my current job and am comfortable with my situation at work.
Y___ N___**

I am excited about my current job and feel that I'm on sustainable career path. Y___ N___

I feel that my net income is congruent with my responsibilities. Y___ N___

**I am good at what I do and believe my skills are transferable to another industry if necessary.
Y___ N___**

I like the culture of the company/organization that I work for. Y___ N___

I like the "code of ethics" of the company/organization that I work for. Y___ N___

I feel that the industry I work in is on solid ground and not at a threat of off-shoring, downsizing or merger/acquisition. Y___ N___

I am willing to transfer to another location out of state or out of country if necessary to advance my career. Y___ N___

I like my immediate supervisor and feel that he/she is treating me fairly. Y___ N___

I have a powerful network in and out of the company that can help me be successful with my career plans. Y___ N___

**I have assessed my career skills and interest so I can use that knowledge to advance my career.
Y___ N___**

**I have assessed my leadership skills and know my strengths and developmental opportunities.
Y___ N___**

I have assessed my work place values and know what they are and can articulate them.

Y____ N____

I have a strong support team to rely on in the event I lose my job. Y____ N____

I have good negotiating skills and know how to broker a win/win in my career development.

Y____ N____

I routinely evaluate my compensation against the national averages and know my worth. Y____ N____

I can deal with change and feel I'm emotionally strong. Y____ N____

I have a financial plan that will bridge the gap in the event I lose my job. Y____ N____

I have a job that allows me a satisfactory work/life balance. Y____ N____

I have a powerful resume that is up to date and ready if needed. Y____ N____

I can articulate my significant accomplishments verbally and in writing if needed. Y____ N____

I have a powerful list of references and testimonials that I can rely on if necessary. Y____ N____

I have excellent interviewing skills and can present myself in a professional manner at all times.

Y____ N____

SCORING KEY

Add up the number of statements you rated a "yes" and score yourself using the key below.

21-25 What a great score! Your career is on track. Your challenge now is to optimize your resources and leverage your time to achieve maximum impact.

16-20 You're doing well. Could a career coach help you move to the next level?

11-15 You're doing okay, but there's something missing. Sounds that you may need some coaching for sure.

6-10 You've got some serious career work to do. A career transition plan and a coach can offer you some assistance and may get your career back on track.

0-5 Don't despair. The key is to get help soon and develop your career transition plan ASAP. Consider one of our Confidential Career Transition Programs.

www.goldencareerstrategies.com

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