

Career Growth Checklist

Rate the frequency of the following using a scale of 1- 4 where
1 = rarely; 2 = sometimes; 3 = usually; 4 = almost always

- I am proud of the work I do and the company I work for.
- I know what is most important to me, and stand up for my values.
- I know what I am good at and tell my boss how I want to contribute at work.
- I write down my most important priorities for each morning and reflect on my progress at day's end.
- I am constantly learning and mastering new skills that make me more capable and valued.
- My work has a noticeable, positive impact on achieving results important to my company.
- My unique gifts and personal traits are valued by the people I work with.
- I am compensated fairly and treated respectfully.
- My work makes me a better person.

Look carefully at any questions you answered with either a 1 or a 2. Consider any actions you might take to improve that element of job satisfaction. Is it something you could talk to your boss about? If it can't be improved and it's causing you consistent stress and dissatisfaction it's time to start looking for a different position, or a different boss, or a different employer.