

## Work Satisfaction Self-Assessment

Rate your **satisfaction** with the following areas:

1 = Very Unsatisfied 10 = Completely Satisfied

### **Recognition/Compensation**

I feel appreciated for the work I do. \_\_\_\_\_

I am satisfied with how much I am paid. \_\_\_\_\_

### **Satisfaction**

The work I do is meaningful. \_\_\_\_\_

My job feels like a good fit. \_\_\_\_\_

I enjoy going to work. \_\_\_\_\_

### **Relationships**

I have positive, trusting relationships with my co-workers. \_\_\_\_\_

I respect and trust my manager. \_\_\_\_\_

### **Communication**

My co-workers and I communicate clearly and effectively. \_\_\_\_\_

I am listened to with respect. \_\_\_\_\_

### **Self-Expression and Autonomy**

I have opportunities to use my strengths in my work. \_\_\_\_\_

I have opportunities to be independent and self-directed in my work. \_\_\_\_\_

### **Results**

I produce high quality results. \_\_\_\_\_

I learn from my successes and failures. \_\_\_\_\_

### **Career Development**

I have opportunities to grow and expand my responsibility at work. \_\_\_\_\_

I can identify a career path and/or opportunities for advancement. \_\_\_\_\_

### **Climate and Culture**

The mission of the organization aligns with my personal values. \_\_\_\_\_

My work environment is comfortable and positive. \_\_\_\_\_