



## VOCATIONAL WELLNESS ASSESSMENT

	Almost Always	Sometimes	Very Seldom
1. I am happy with my career choice.	2	1	0
2. I look forward to work and/or class.	2	1	0
3. My job/school responsibilities and duties are consistent with my values.	2	1	0
4. The payoffs and advantages in my future/current career field are consistent with my values.	2	1	0
5. I am happy with the balance between my work/classes and leisure time.	2	1	0
6. I am happy with the amount of control I have in my work/classes.	2	1	0
7. My career field/major gives me personal satisfaction and stimulation.	2	1	0
8. I am happy with the professional and personal growth opportunities provided by my job or classes.	2	1	0
9. I feel my job or major allows me to make a difference in the world.	2	1	0
10. My job/classes contribute(s) positively to my overall wellbeing.	2	1	0

TOTAL: \_\_\_\_\_

### Scoring

**15-20 Points:** You have excellent strength in this dimension! Make sure your daily activities are balanced between all dimensions.

**9-14 Points:** There is room for improvement. Challenge yourself to find three new things to try in order to improve your vocational wellness.

**0-8 Points:** This dimension needs a lot of work. What small steps can you take to begin taking steps towards growth? Remember, the goal is overall wellness and balance.

Please turn over.

In completing this wellness assessment on vocational wellness,

I was surprised to learn that I \_\_\_\_\_

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I was disappointed that \_\_\_\_\_

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Things I am currently doing to help improve my vocational wellness are \_\_\_\_\_

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Things I will do differently or change to make my vocational wellness a priority are \_\_\_\_\_

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Take additional wellness assessments online at  
<https://saapps.illinoisstate.edu/hpw/SEVEN>.