### VOCATIONAL WELLNESS ASSESSMENT

1. I am happy with my career choice.  
   - Almost Always: 2  
   - Sometimes: 1  
   - Very Seldom: 0

2. I look forward to work and/or class.  
   - Almost Always: 2  
   - Sometimes: 1  
   - Very Seldom: 0

3. My job/school responsibilities and duties are consistent with my values.  
   - Almost Always: 2  
   - Sometimes: 1  
   - Very Seldom: 0

4. The payoffs and advantages in my future/current career field are consistent with my values.  
   - Almost Always: 2  
   - Sometimes: 1  
   - Very Seldom: 0

5. I am happy with the balance between my work/classes and leisure time.  
   - Almost Always: 2  
   - Sometimes: 1  
   - Very Seldom: 0

6. I am happy with the amount of control I have in my work/classes.  
   - Almost Always: 2  
   - Sometimes: 1  
   - Very Seldom: 0

7. My career field/major gives me personal satisfaction and stimulation.  
   - Almost Always: 2  
   - Sometimes: 1  
   - Very Seldom: 0

8. I am happy with the professional and personal growth opportunities provided by my job or classes.  
   - Almost Always: 2  
   - Sometimes: 1  
   - Very Seldom: 0

9. I feel my job or major allows me to make a difference in the world.  
   - Almost Always: 2  
   - Sometimes: 1  
   - Very Seldom: 0

10. My job/classes contribute(s) positively to my overall wellbeing.  
    - Almost Always: 2  
    - Sometimes: 1  
    - Very Seldom: 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 ________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
__________________________________________________________

I was disappointed that __________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Things I am currently doing to help improve my vocational wellness are _________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

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.