

## Practical Solutions That Transform People, Teams and Organizations

### Career Wellness Quiz

Keeping your pulse on your overall career resilience/wellness is key to successful career management. The following sets of questions are designed to help you determine, from a strategic point of view, your career sustainability, priorities and career positioning. Use the scores to help you determine where you need to focus and also use any line item as a future career goal/activity.

		Yes	No
1	I track, quantify and report my key accomplishments to my manager and/or network of contacts on a regular basis.	___	___
2	Right now, I could list at least 10 skills/strengths that I possess.	___	___
3	I have written a vision statement for where I want my career to progress.	___	___
4	I can identify 3 important accomplishments from my current work.	___	___
5	My skills have been improved in a significant way in the past year.	___	___
6	I upgrade my computer knowledge on a yearly basis.	___	___
7	I explore trends in my field/industry and have identified various changes that are occurring.	___	___
8	I am regularly looking for opportunities to take on new responsibilities in my work.	___	___
9	I know how my skills and abilities measure up to other professionals in my industry.	___	___
10	The skills/abilities that I need to be employable are clear to me.	___	___
11	I have a network of people in and outside my company that can help my career.	___	___
12	I have a good work reputation in my organization and industry.	___	___
13	Regularly, I try to identify the future direction of my field by making personal contacts, reading or attending professional meetings.	___	___
14	I'm prepared and know how to maneuver effectively through the ever constantly changing world of work.	___	___

## Scoring Your Results

- **A high score (9-14)** indicates you're ready and willing to be in charge of your career development. You've got a clear understanding of what's necessary to be successful in career management and career enhancement. You're likely pursuing career activities as a normal practice. You see the benefit of time spent on these actions in an effort to maintain your career sustainability. Keep up the good work or get support from a career coach on additional areas you could work on to maintain your career resilience!
- **If you scored between 5 and 9**, there's no need to panic-yet! Review the statements where you've checked "no." This a wake-up call. Write down three steps you can take to make yourself more career sustainable. Get started today. Use these steps and your "no" statements to create an action plan on your own or with a career coach.
- **If you've scored below 5**, consider taking action to help you compete in today's job market. Don't put your career at risk. Begin your career planning today on your own or with a career coach.