

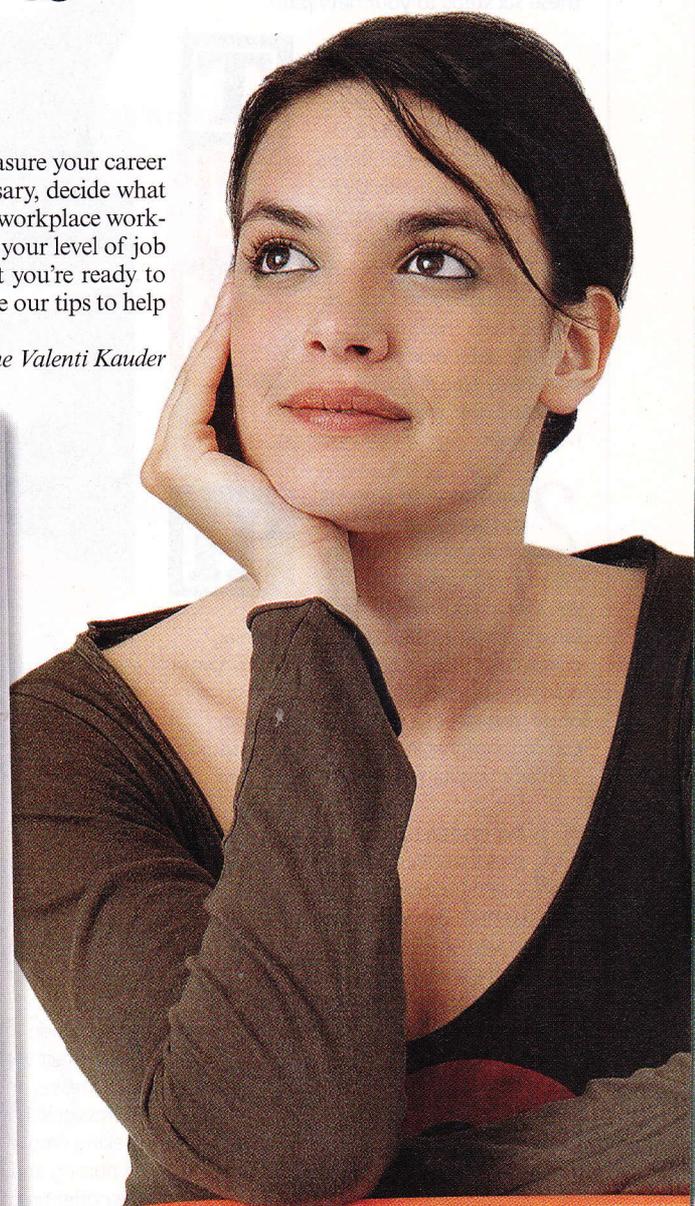
Zero in on the right job for you

Assess how happy you are with your work life, and explore jobs that might fulfill you more

Everyone has crummy days at work now and then, but if your job in general is bringing you down, maybe it's time for a change. If you choose to move on, you're in good company. The average American between the ages of 18 and 38 has had about 10 different jobs, according to the U.S. Bureau of Labor

Statistics. How do you measure your career contentment and, if necessary, decide what to do next? We designed a workplace worksheet to help you compute your level of job satisfaction. If it turns out you're ready to look for a new position, use our tips to help you make the right move.

By Catherine Valenti Kauder



Workplace Worksheet

Fill out this form to determine how much you love (or hate) the job you're in now.

Give yourself 5 points for each statement that is true:

- You help others in your job. + ____
- You feel good doing your job. + ____
- You enjoy your coworkers. + ____
- You have flexible hours. + ____
- You receive good pay and benefits. + ____

Total A ____

Subtract 5 points for each statement that is true:

- You don't like your boss. - ____
- You don't have enough responsibility. - ____
- You have too much stress in your job. - ____
- You're unhappy with your hours. - ____
- You're unhappy with your commute. - ____

Total B ____

SUBTRACT TOTAL B FROM TOTAL A. IF YOUR SCORE IS 15 TO 25:

Good news! You seem happy with your job. But don't toss out this worksheet: Use it periodically to see if you're still on the right track.

IF YOUR SCORE IS 15 OR BELOW:

It may be time to make a change. Read on to find out how to switch occupations to one that will satisfy you more.



Forty-six percent of U.S. workers are women.

Source: U.S. Department of Labor