



The following exercise will help you realize the level of fulfillment you receive from your current profession, what can be improved, what you would like more of, and what changes you can create in your professional life to improve it.

Answer "True" or "False" to each statement based on how you have felt most of the time during the past month.

1. My work is as intellectually challenging as I'd expected. _____
2. My work is financially rewarding. _____
3. My work provides me with opportunities for professional and personal development. _____
4. I have enough time to devote to my personal needs (e.g., relationships, health-related, etc.) _____
5. The stress level and pressure of my work is manageable. _____
6. My superiors treat me with respect. _____
7. I am satisfied with the collegial, friendly, and supportive relationships I have with my peers at work. _____
8. My work environment is free of hypocrisy, gossip, and politics. _____
9. I feel in control of my career and feel proud of my accomplishments. _____
10. I am able to enjoy the money I earn. _____
11. I feel appreciated and valued at work. _____
12. The work I do is consistent with my values. _____
13. I feel like I'm helping people as much as I expected to when I chose my profession. _____
14. I am satisfied with the amount of time that I spend with my family. _____
15. I am single and know that I will find my soul mate soon. _____
16. I am not addicted to alcohol, drugs, food, shopping, or anything else. _____
17. I don't get irritable, angry, or sad frequently. _____
18. I don't get headaches or stomach troubles often. _____
19. I have felt excited, proud or pleased at some point during the past few weeks. _____
20. So far I can honestly say that I have achieved the important things I want in life. _____

If you agreed with the majority of these statements, it is likely you are pretty satisfied with your current professional situation.

If you find that you disagreed with a lot of these statements, it's likely you are not very satisfied with your profession and could use some change.



Go back and look at the statements you disagreed with. Is there a pattern?

- Are you unfulfilled with your profession?
- Frustrated with where your career is going?
- Unhappy with your current work environment?
- Do you feel unbalanced and out of control?
- Do you wish you had more time to get everything you need done?
- Want to learn more effective stress management techniques?
- Do you want to know what profession(s) would be a potentially better fit for you?

The questions in these exercises are meant to give you a better idea of where you are in your life right now and where you wish to be. Any question that jumped out at you may be an indication of what you are missing in your life, are not happy with, would like to improve, or would like to change completely.

Working with a life coach can be an incredible tool for creation of change, overcoming of obstacles, changing defeating behavior and thinking patterns, and finally reaching goals you desire in life.