

YOUR JOB "HAPPINESS" QUOTIENT

Please answer the questions with a yes or no. The more yes answers you receive the "happier" you are in your position at work. If you have several no answers, you may want to consider coaching as a process to assist you to gain a higher satisfaction level with your existing position... or decide to make a career transition.

Question	Yes	No
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| 1. There is someone at work who encourages my development. | | |
| 2. At work, my opinions seem to count. | | |
| 3. I have a best friend at work. | | |
| 4. The mission/purpose of my company makes me feel my job is important. | | |
| 5. I know what is expected of me at work. | | |
| 6. I have the materials and equipment I need to do my job right. | | |
| 7. At work, I have the opportunity to do what I do best every day. | | |
| 8. In the last seven days, I have received recognition or praise for doing good work. | | |
| 9. There is someone at work who encourages my development. | | |
| 10. My associates (fellow employees) are committed to doing quality work. | | |
| 11. In the last six months, someone at work has talked to me about my progress. | | |
| 12. This last year, I have had opportunities at work to learn and grow. | | |

Source: The USA TODAY, February 20, 2002