

Dimensions of Career Fitness

Career Fit Check List

Do You Agree or Disagree with the Following Statements Regarding What You Currently do for Work?	Agree	Disagree
My work does not engage my interests and/or curiosity.		
My work does not utilize into my natural strengths, abilities and/or skills.		
My work does not challenge and/or motivate me.		
My work involves me using skills that I do not enjoy using, even though I am good at utilizing them, allowing me to perform well or even excel in my work.		
My work does not allow me to be myself or my personality to shine through.		
My contributions are not recognized or valued.		
Growth opportunities in my current work are very limited.		
I find that I am ill equipped or inadequately trained for the work I do.		
I dread going to work. The end of the work day, doesn't come fast enough.		
I find myself doing just the bare minimum. I no longer care about my work.		
I find myself day dreaming, surfing the net, just being unproductive.		
I find that I do not have much in common with my co-workers.		
I do not like talking about what I do. I do not like what I do. It feels like work.		
I find myself engaging in unhealthy habits because of my work (drinking more, drugs, video gaming, gambling, etc.)		
I find myself complaining about my work all the time. I am not happy.		
I do the work I do for the money and/or status.		
The work I do does not support my values.		
I feel anxious and/or depressed when I go to work or think about my work.		
I do not find meaning or purpose in the work I do.		

If you agree with most of the statements, you are most likely in a career that is not a good fit for you. Staying in such a career can negatively influence your professional success and/or affect your physical or emotional well-being. If you feel or think this is your situation, there are steps you can take to explore your options.



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Work Environment Checklist

Do You Notice or Observe Any of the Following Regard Your Place of Work?	Yes	No	Unsure
Agree with and support my company's mission & vision.			
Supervisors and managers exhibit poor leadership skills.			
Poor communication from leadership and employees.			
Leadership does not provide support to staff.			
Unethical behavior is encouraged or not addressed.			
Inconsistency in implementing policies and procedures.			
Staff is not properly trained, equipped and/or supervised to ensure their success.			
Physical environment is unhealthy or unsafe (physical well-being of staff affected).			
Co-workers exhibit unprofessional behavior.			
Staff point of view is not heard or appreciated. Staff work is not recognized or valued.			
Staff time boundaries are not respected.			
Supervisor prevents or hinders me/staff from growing/advancing.			
Unhealthy competition encouraged. Not team oriented.			
Company/organization culture is demoralizing to staff.			
No effort is made to address complaints and concerns raised by staff.			
My work-life balance feels out of whack.			
No longer excited about going to work anymore.			
Constantly getting sick (my physical and emotional health is being affected)			
Friends and family are noticing a difference in my character or behavior.			
My gut instinct says something is not right.			

If your work environment makes you feel uncomfortable, unappreciated undervalued or affecting you physically and/or emotionally, you are most likely working in an unhealthy or toxic work environment. If you feel or think this is your situation, there are steps you can take to explore your options.