

## Do I Like My Job?

**Directions:** This exercise will help you think about your present job. Read each sentence carefully. Circle “yes” or “no” to show your opinion of your job.

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|--|-----|----|
| 1. I find the work itself enjoyable.   | Yes | No |
| 2. I am paid a fair salary for the type of work I do.                                    | Yes | No |
| 3. I feel there is opportunity for advancement.  | Yes | No |
| 4. The people I work with have respect for me as a person                                | Yes | No |
| 5. My work is too hard physically.   | Yes | No |
| 6. I am satisfied with the pay.  | Yes | No |
| 7. I am treated well by the people I work for (supervisors, foremen, etc.)               | Yes | No |
| 8. There is enough variety in the type of work I do.                                     | Yes | No |
| 9. I have the chance to see the results of my work or efforts.                           | Yes | No |
| 10. There is enough opportunity for me to be with other people.                          | Yes | No |
| 11. I find the working hours convenient.   | Yes | No |
| 12. The work is dull and boring.   | Yes | No |
| 13. There is opportunity for me to learn new skills                                      | Yes | No |
| 14. I get recognition or credit for the work I do well.                                  | Yes | No |
| 15. The job pays enough for me to have most of the things I want.                        | Yes | No |
| 16. On the job I am in contact with people whom I like.                                  | Yes | No |
| 17. The type of work I do gives me respect from people at home or in the community       | Yes | No |
| 18. I can work at my own speed, as fast or slow as I wish.                               | Yes | No |
| 19. I have job security for the future.  | Yes | No |
| 20. I find the physical surroundings pleasant.   | Yes | No |
| 21. I have enough freedom to do the job in my own way.                                   | Yes | No |
| 22. I have good “fringe benefits” with the job (health insurance, retirement plan, etc.) | Yes | No |
| 23. When I am not satisfied with something, I can get “action” from my supervisor.       | Yes | No |
| 24. I am interested in the work I do.  | Yes | No |
| 25. I have to spend too much time traveling to my job.                                   | Yes | No |

On the back of this sheet paper, write a paragraph explaining why you like or dislike you job.