

# CAREER AND LIFE WORK SATISFACTION SURVEY

## HOW HAS YOUR LIFE PATH WORKED SO FAR?

Fall is the time of year when we harvest our bounty. At mid-life we are at the autumn or the "afternoon" of our lives. We can stand back and take stock, and conduct a life work review. The following questions are designed to help you determine a course of action to take some next steps on your journey, to experience more fulfillment, meaning and joy in your life.

Are you living the life you want to be living?

Are you living your legacy now?

Are you in transition?

Please circle your responses:

1. Is your list of **To Do's that Don't Get Done** getting longer and longer each time you create it?  
**Yes No**
2. Depending on your age, do you wonder if you can do the work you're doing for another 5, 10, 15 or 20 years (CIRCLE THE ONE THAT IS MOST AGE APPROPRIATE FOR YOU)  
**Yes No**
3. Do you have independent projects and enough autonomy in your life work that allows you creativity and self expression?  
**Yes No**
4. Does your current work meet financial and lifestyle needs?  
**Yes No**
5. Does work allow you to fulfill part of your personal mission/legacy?  
**Yes No**
6. Does your work provide an opportunity for you to learn or master something of value to you?  
**Yes No**

Record your results here:

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_  
4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_

Refer to the Response sheet on the next page, for more information on the possible outcomes of some of your choices, now and in the future.

## **RESPONSES TO THE CAREER AND LIFE WORK SATISFACTION SURVEY**

HAS YOUR LIFE PATH WORKED FOR YOU?

See how your response to the survey can provide some new alternatives.

1. Is your list of **To Do's that Don't Get Done** getting longer and longer each time you create it?

***Your attention to detail and need to accomplish tasks can be productive or obsessive – which is it for you?***

If you answered **Yes**, and you find yourself getting further and further behind, you may be so discouraged you rarely even think about a transition. The attempt to organize and demonstrate small or significant accomplishments indicates a need for control. Just when you want to be moving on to something new and different the same old tasks need your attention. Feeling overwhelmed by a to-do list is a good indicator to think about transitioning. If you answered **No**, how do you stay so relaxed and manage to get everything done? Oh yes, you're a planner.

2. Depending on your age, do you wonder whether you can do what you're doing for another 5, 10, 15 or 20 years (CIRCLE THE ONE THAT IS MOST AGE APPROPRIATE FOR YOU)

***How we think about our aging influences our life work choices***

If you answered **Yes**, you may need to start creating an alternative plan to find your new life work. However, in order to continue to be a successful producer in your current career/industry, you may want to identify a plan of action that will place you in a unique niche with a strong base of customers, vendors and others who benefit from your expertise. You will need this if you decide to stay, so start now to develop that plan. If you answered **No**, I presume you are right where you need to be... for now that is.

3. Do you have independent projects and enough autonomy in your life work that allows you creativity and self expression

***Creative self expression takes over at mid-life regardless of where you are in your knowing and what you want to express***

If you answered **Yes**, then keep up the good work, express your gratitude daily and continue to think creatively about your life work and make time for it. My first "boss" believed that one day of the week should be devoted to our professional/personal growth. We need to develop a means of feeding, developing, and creating ourselves in our work on a regular basis. If you answered **No** please see what you can do to create a vision that will allow you to express your talents and get the support you need. A **No** also is a strong indicator that you need to begin to explore where you can express more of your true self.

4. Does your work meet your financial and lifestyle needs?

***Getting paid to do the work we love is important; paying our bills is too.***

If you answered **Yes** and your basic financial needs are being met and your current work allows you to meet your other goals, you're all set. The financial crisis of 2008 has left so many people with far less than they had before in terms of economic worth, not to mention their value in the job market. You may still be recovering and are just grateful to have a job that covers the basics. That can be good enough, for everyone's financial situation is unique. If you answered **No**, the market is beginning to improve and you are encouraged to start researching some things you'd love to be paid to do.

5. Does work allow you to fulfill part of your personal mission/legacy?

***Having a legacy to leave, means you must start living it now.***

If you answered **Yes**, Congratulations – you have work that helps you fulfill your personal mission as well as make a difference in the world.

But if you answered **No** you need to find a way to discover your passion. Find what really excites you and see if there might be a way to include that in your work. Maybe your organization is looking to increase its visibility in the community and you happen to have a passion for cleaning up the environment. You propose to the organization that you head up a committee to create a “green audit” and get people involved in being more environmentally conscious. Try to find whatever that sweet spot is within the organization where you can feel fulfilled.

6. Does your work provide an opportunity for you to learn or master something of value to you?

***Developing a passion for lifelong learning is a key to successful aging and successful transitions.***

Lifelong learning is one of the values inherent in performing meaningful work and living a long life. As long as we are learning something relevant we are engaged, motivated and that carries over into other aspects of the way we work.

Some people stay employed just because they want someone else to pay them to learn, so they never would even think about being self employed.

If you answered **No** and your work doesn't meet some personal needs to learn more or improve your skills, understanding and abilities, you are seriously holding yourself back. Not only will your current employer be less inclined to keep you around, you won't be building much of a future for yourself.

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## **CONGRATULATIONS FOR COMPLETING THE SURVEY AND GATHERING SOME HOPEFULLY HELPFUL INFORMATION.**

So how did you do? You should have a lot more clarity about whether you want to stay in this job or whether you should start thinking about an exit plan.

I created this survey to stimulate your thinking about what is best for you now and in your immediate future. If you decide to stay, you will do better and be happier, if you select 1 or 2 of your responses and create an alternative scenario for yourself, with specific action steps. If you decide you can and do want to create and perform your life work, read on.

You can tweak and change some elements of your work, but ultimately, are you doing what you are meant to do? Only you can decide what is right for you.

**I'd be happy to help you explore your choices. Check out the [Free Self Assessment Exercises](#) on my website for more information.**

Therefore, if you'd like to spend some time with me on the phone going over your responses, I am pleased to offer a **30 minute FREE consultation** at **520 529 6112** or **email me at [dlkcoach@gmail.com](mailto:dlkcoach@gmail.com)** to set up your appointment. I look forward to meeting you and helping you.

Or go to [www.lifeworktransitions.com](http://www.lifeworktransitions.com) where you can purchase my book for more information on how to "put your spirit to work"

Good luck,

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