



“I’ll do anything...as long as it pays well,” is what I hear most job seekers say when they’re looking for work. Once they land the job their tune changes radically. Today’s workers want more than just a paycheck. They want their values and needs satisfied. The new mantra of today’s worker is they want Job Satisfaction.

Unless you marry rich, hit the Lotto or you’re independently wealthy, you’re going to spend about 100,000 hours of your life in the labor market. That’s more time than you spend in active conversation with your loved ones. Since so much time and energy is invested in your work life, doesn’t it make sense to spend a little bit of your time figuring out what else you want from your job...aside from money.

Sixty years of research show us that over 50% of the work force is always dissatisfied with their employment. This is a big problem since an employee who isn’t able to get at least 60-70% of their job satisfaction factors met, will think of quitting their job, get fired or lose the motivation to excel. This worksheet will shed some light onto what will make your work life more satisfying.

Directions: Rate your job satisfaction factors on a scale of 0 (not important) to 10 (very important).

How Important Is It For You To...

1. ...help society become a better place?	
2. ...help others improve their life?	
3. ...have frequent public contact?	
4. ...work with others as part of a team?	
5. ...affiliate yourself with a work related group?	
6. ...make friends on the job?	
7. ...be able to compete for salary and advancements?	
8. ...make independent decisions about doing the job?	
9. ...work under pressures of time or accuracy?	
10. ...work in emergency (life threatening) situations?	
11. ...have power and authority?	
12. ...control day-to-day situations?	
13. ...influence and persuade people?	
14. ...control peoples’ behaviors?	
15. ...work mostly alone?	
16. ...gain new knowledge, research information?	
17. ...been seen as being very intelligent?	
18. ...continually be exposed to new ideas?	
19. ...use your artistic creativity and talent?	
20. ...be creative and innovative?	
21. ...have things of beauty involved in your duties?	
22. ...supervise or oversee others?	
23. ...have constant change and variety?	
24. ...perform precision machine work?	
25. ...have a secure job/career, even if less income?	
26. ...have a quick paced or chaotic environment?	

How Important Is It For You To...

27. ...be recognized (financially) for a job well done?	
28. ...have some level of excitement in your day?	
29. ...have adventure included in your work?	
30. ...show your physical abilities or attributes?	
31. ...work with people who you personally like?	
32. ...work with people who are very much like you?	
33. ...work in a clean job or location?	
34. ...use your special knowledges and talents?	
35. ...bring home “big bucks”?	
36. ...have excellent fringe benefits?	
37. ...have time and responsibility independence?	
38. ...gain moral fulfillment from your work?	
39. ...have a convenient work location?	
40. ...have community affairs involved in your job?	
41. ...have a physically demanding job?	
42. ...have freedom to set up your own work area?	
43. ...be outdoors in your daily work?	
44. ...develop and expand your own talents?	
45. ...be successful?	
46. ...be in a safe work environment?	
47. ...have time in grade advancement vs. merit?	
48. ...have a prestige job title?	
49. ...be able to express your opinions at work?	
50. ...have challenge in the work you will do?	
51. ...have personal enjoyment from the job?	
52. ...be physically active when working?	

How Important Is It For You To...

53. ...be mentally active when working?	
54. ...have a quiet and calm working environment?	
55. ...have generally routine work?	
56. ...be in a systemized and organized work setting?	
57. ...be allowed to socialize with other workers?	
58. ...work mainly with data and information?	
59. ...work mainly with numbers and mathematics?	
60. ...have risk included in your work duties?	
61. ...be in the public eye?	
62. ...be popular with your co-workers?	

How Important Is It For You To...

63. ...work mainly with people?	
64. ...work mainly with tools and equipment?	
65. ...use your problem solving ability?	
66. ...perform in a hazardous work environment?	
67. ...immediately see the results of your efforts?	
68. ...have constant variety in your job?	
69. ...work at a quick pace?	
70. ...be seen as a leader in your field?	
71. ...travel in your next job?	
72. ...be a leader among your co-workers?	

List up to ten things you REALLY LIKED about any of your previous jobs.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

List up to ten things you REALLY DISLIKED about any of your previous jobs.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

List up to 5 things you REALLY LIKED about any of your former bosses.

1.
2.
3.
4.
5.

List up to 5 things you REALLY DISLIKED about any of your former bosses.

1.
2.
3.
4.
5.

**From The Information You've Just Collected,
List & Prioritize Your Top Ten (10) Job Satisfaction Factors and Negotiate For These During The Interview!**

1.
2.
3.
4.
5.

6.
7.
8.
9.
10.

What Else Do You Want From The Job...Other Than A Paycheck!