

JOB SATISFACTION SURVEY

	YES	NO
1. I look forward to going to work on Monday morning.	<input type="checkbox"/>	<input type="checkbox"/>
2. I feel positive and up most of the time I am working.	<input type="checkbox"/>	<input type="checkbox"/>
3. I have energy at the end of each work day to attend to the people I care about.	<input type="checkbox"/>	<input type="checkbox"/>
4. I have energy at the end of each work day to engage in personal interests.	<input type="checkbox"/>	<input type="checkbox"/>
5. I have the time and energy in my life to read books that interest me.	<input type="checkbox"/>	<input type="checkbox"/>
6. Most interactions at work are positive.	<input type="checkbox"/>	<input type="checkbox"/>
7. I have good friends at work.	<input type="checkbox"/>	<input type="checkbox"/>
8. I feel valued and affirmed at work.	<input type="checkbox"/>	<input type="checkbox"/>
9. I feel recognized and appreciated at work.	<input type="checkbox"/>	<input type="checkbox"/>
10. Work is a real plus in my life.	<input type="checkbox"/>	<input type="checkbox"/>
11. I'm engaged in meaningful work.	<input type="checkbox"/>	<input type="checkbox"/>
12. I feel free to be who I am at work.	<input type="checkbox"/>	<input type="checkbox"/>
13. I feel free to do things the way I like at work.	<input type="checkbox"/>	<input type="checkbox"/>
14. My values fit with the organizational values.	<input type="checkbox"/>	<input type="checkbox"/>
15. I am aligned with the organizational mission.	<input type="checkbox"/>	<input type="checkbox"/>
16. I trust our leadership team.	<input type="checkbox"/>	<input type="checkbox"/>
17. I respect the work of my peers.	<input type="checkbox"/>	<input type="checkbox"/>
18. I have opportunities to learn what I want to learn.	<input type="checkbox"/>	<input type="checkbox"/>
19. I feel involved in decisions that affect our organizational community.	<input type="checkbox"/>	<input type="checkbox"/>
20. Creativity and innovation are supported.	<input type="checkbox"/>	<input type="checkbox"/>
21. I feel informed about what's going on.	<input type="checkbox"/>	<input type="checkbox"/>
22. I know what is expected of me at work.	<input type="checkbox"/>	<input type="checkbox"/>
23. I have the materials and equipment that I need in order to do my work right.	<input type="checkbox"/>	<input type="checkbox"/>
24. I have the opportunity to do what I do best every day at work.	<input type="checkbox"/>	<input type="checkbox"/>
25. My manager cares about me as a person.	<input type="checkbox"/>	<input type="checkbox"/>
26. I know someone at work who encourages my development.	<input type="checkbox"/>	<input type="checkbox"/>
27. My opinions count.	<input type="checkbox"/>	<input type="checkbox"/>
28. My coworkers are committed to doing quality work.	<input type="checkbox"/>	<input type="checkbox"/>
29. My manager reviews my progress.	<input type="checkbox"/>	<input type="checkbox"/>
30. I am fairly compensated.	<input type="checkbox"/>	<input type="checkbox"/>

Give yourself two points for each statement you answered positively. Use the following scale to evaluate your job.

50-60 points: Great Job	40-49 points: Good Job	30-39 points: OK Job	20-29 points: Bad Job	1-19 points: Depressing Job
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FOR MORE INFORMATION ABOUT THIS SURVEY



About This Survey

Job Satisfaction Survey

This survey originally appeared in Volume 3, Number 5 edition of *Absolute Advantage*—a workplace wellness magazine published by the Wellness Council of America. This survey can be used by your organization, but should include appropriate citation.

About The Author

Richard Bellingham, EdD

Richard (Rick) Bellingham, EdD, is the CEO and Founder of iobility, a New Jersey-based consulting firm specializing in aligning human and organizational capabilities behind the corporate mission, vision, and values. He has more than 25 years of experience working in the areas of business transformation, organizational learning, leadership development, team development, and ethical leadership. Dr. Bellingham has established a solid track record in leading management teams to align corporate culture with business strategy, accelerating technology deployment, and coaching executives how to lead change. He has coached senior executives in 50 of the Fortune 500 firms. Visit iobility at www.iobility.com.

About WELCOA

The Wellness Council of America is one of North America's most trusted voices on the topic of worksite wellness. With over two decades of experience, WELCOA is widely recognized and highly regarded for its innovative approach to worksite wellness. Indeed, through their internationally recognized "Well Workplace" awards initiative, WELCOA has helped hundreds of companies transform their corporate cultures and improve the health and well-being of their most valuable asset—their employees.

WELCOA provides worksite wellness products, services, and information to thousands of organizations nationwide. For more information visit www.welcoa.org.

Wellness Council of America (WELCOA)

17002 Marcy Street, Suite 140
Omaha, NE 68118
Phone: 402.827.3590
Fax: 402.827.3594
Email: questions@welcoa.org

