



## Workplace Health Center Job Satisfaction Scale – 26 Item version.

### Instructions:

The following statements describe feelings, reactions and experiences. Select how accurately each statement describes you. Describe yourself as you usually are now, not how you would like to be in the future.

### Scoring:

Rarely	Seldom	Occasionally	Sometimes	Often	Very Often
0	1	2	3	4	5

		Rarely	Seldom	Occasionally	Sometimes	Often	Very often
1	I am happy.	0	1	2	3	4	5
2	I find my life satisfying.	0	1	2	3	4	5
3	I have beliefs that nourish me.	0	1	2	3	4	5
4	I feel that my work expands my horizons.	0	1	2	3	4	5
5	I feel connected to other people in my life.	0	1	2	3	4	5
6	I feel calm.	0	1	2	3	4	5
7	I believe that I have a good work/life balance.	0	1	2	3	4	5
8	I am the person I want to be.	0	1	2	3	4	5
9	I have good peer support when I need to work through a stressful event.	0	1	2	3	4	5
10	Working with my clients brings me a great deal of satisfaction.	0	1	2	3	4	5
11	I feel energised after working with those I help.	0	1	2	3	4	5
12	I have happy thoughts about the people I help and how I could help them further.	0	1	2	3	4	5
13	I have joyful feelings about how I can help the people I work with.	0	1	2	3	4	5
14	I feel that I've built a form of resilience or protection due to exposure to trauma stories.	0	1	2	3	4	5
15	Some of the people I help are very enjoyable to work with.	0	1	2	3	4	5
16	I like my work as a person who helps others.	0	1	2	3	4	5
17	I feel like I have the tools and resources that I need at work to be excellent in my role.	0	1	2	3	4	5
18	I have thoughts that I am very good in my role.	0	1	2	3	4	5
19	I enjoy my experiences with my co-workers.	0	1	2	3	4	5
20	I can rely on my co-workers to help me when I need it.	0	1	2	3	4	5
Column sub totals for this page:							



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		Rarely	Seldom	Occasionally	Sometimes	Often	Very often
21	My co-workers can rely on me for help when they need it.	0	1	2	3	4	5
22	I trust my co-workers.	0	1	2	3	4	5
23	I am pleased with how I am able to keep up with the technology I need for my role.	0	1	2	3	4	5
24	Although my role involves a lot of admin, I still have time to work with those I help.	0	1	2	3	4	5
25	I am pleased with how I am able to keep up with latest research into best practice for my role.	0	1	2	3	4	5
26	I plan to be in a role where I can help others for a long time.	0	1	2	3	4	5
Column sub totals:							
Previous page column sub totals:							
Total Score:							

### Scoring – Job Satisfaction Scale

Your potential for job satisfaction:

- 32 or less = very low potential for job satisfaction
- 33 – 65 = moderate potential for job satisfaction
- 66 – 97 = high potential for job satisfaction
- 98 or more = very high potential for job satisfaction

For more resources, please see our website at [www.workplacehealth.center](http://www.workplacehealth.center)

If you need more information about this or other resources available on our website, please contact [admin@workplacehealth.center](mailto:admin@workplacehealth.center)

This assessment is intended as a learning tool to understand the symptoms of burnout and your level of potential risk for burnout at work.

This assessment is not a formal diagnosis or medical advice.