

# Occupational Wellness

The occupational dimension of wellness is involved in preparing for work in which one will gain personal satisfaction and find enrichment in one's life through work. Occupational development is related to one's attitude about one's work.' Traveling a path toward your occupational wellness, you'll contribute your unique gifts, skills and talents to work that is personally meaningful and rewarding. You'll convey your values through your involvement in both paid and unpaid volunteer activities that are gratifying for you. You'll know when you're on the correct path for career wellness, when your work and hobbies become exciting.

On your Occupational Wellness journey you'll begin to value the importance of not only your own personal gratification, but your contribution to the well-being of the community at large. The choice of profession, job satisfaction, career ambitions, and personal performance are all important components of your path's terrain. As you travel the wellness path, you'll begin to believe that - occupationally.

- It's better to choose a career which is consistent with our personal values interests and beliefs than to select one that is unrewarding to us.
- It's better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.

## Occupational Wellness Assessment

The occupational dimension of wellness involves choosing a career/job that is rewarding and enjoyable.

Read each statement carefully and respond honestly by using the following scoring:

**Almost always = 2 points**  
**points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0**

- \_\_\_\_\_ 1. I am happy with my career choice.
- \_\_\_\_\_ 2. I look forward to work.
- \_\_\_\_\_ 3. My job responsibilities/duties are consistent with my values.
- \_\_\_\_\_ 4. The payoffs/advantages in my career field choice are consistent with my values.
- \_\_\_\_\_ 5. I am happy with the balance between my work time and leisure time.
- \_\_\_\_\_ 6. I am happy with the amount of control I have in my work.
- \_\_\_\_\_ 7. My work gives me personal satisfaction and stimulation.
- \_\_\_\_\_ 8. I am happy with the professional/personal growth provided by my job.
- \_\_\_\_\_ 9. I feel my job allows me to make a difference in the world.
- \_\_\_\_\_ 10. My job contributes positively to my overall well-being.
- \_\_\_\_\_ Total for Occupational Wellness Dimension

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.