



Career Fitness Test

Are You Ready to Take Charge of Your Career?

Answer TRUE or FALSE to the following statements. Be honest! Scoring instructions are at the bottom of the page. Are you ready to **Take Charge of Your Career?**

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|--|---|---|
| 1. I am clear about what I want in my next job. | T | F |
| 2. I can articulate my top 3 skills. | T | F |
| 3. I know what skills I have to develop in order to get my next job/promotion. | T | F |
| 4. I have mapped out the next 3 years of my career life. | T | F |
| 5. I ended up in my current career because I worked my career plan effectively. | T | F |
| 6. I daydream about what it would be like to do something else with my life. | T | F |
| 7. If I lost my job, I have a strong network of people I could call to help me. | T | F |
| 8. My resume is up-to-date and I would be proud to send it out today. | T | F |
| 9. If a recruiter called today, I would be able to articulate what job I would like to have next in my career. | T | F |
| 10. If a recruiter called today, I would be able to articulate my salary requirements, including base, commissions, bonus, benefits. | T | F |
| 11. I know my financial situation – how much I earn, how much I spend, where my investments are and when I can retire. | T | F |
| 12. I have fun at work – I enjoy my job, my colleagues and my boss. | T | F |
| 13. My values are in sync with the organization I work for. | T | F |
| 14. I am proud to work for the organization where I am currently employed. | T | F |
| 15. I am up-to-date on what is going on in the future of my industry. | T | F |
| 16. I jump out of bed every day and can't wait to get to work. | T | F |
| 17. If I won \$1 million today, I would stay in my current job. | T | F |

Score: Give yourself 1 point for each TRUE answer.

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|---------|---|
| 15 - 17 | You are one happy camper...But don't forget to KEEP LEARNING! |
| 12 - 14 | Great...Your current work is going well and it seems like staying is a good option. Be sure your skills and resume are up-to-date, though, in case things change. |
| 9 - 11 | Not bad...Staying is a good option and looking around might not be such a bad idea. |
| 6 - 8 | Hmmmm....maybe you should be taking a more serious look at what else is available. |
| 3 - 5 | You may need a career tune-up. Your career needs some focus. |
| 0 - 2 | Oh brother...it's time to Take Charge of Your Career! |