



How you feel when you go to work on Monday is a good indication of how happy you are in your current job. We spend a significant part of our lives at work, so finding joy or a strong 'why' in what we do is crucial.

"Choose a job you love, and you will never have to work a day in your life." — Confucius

Your job satisfaction can impact your career growth and fulfilment, either propelling you forward or holding you back causing stagnation, frustration, stress and burnout.

So, if you have been feeling unfulfilled at work or stressed and burnout lately, here are **25 questions to ask yourself to gauge your job satisfaction:**

1. What do you do for work? Is this your dream career?
2. Do you genuinely enjoy your job?
3. What aspects of your job bring you the most joy, and what aspects do you find less enjoyable?
4. How would you describe the work culture in your workplace and do you resonate with it?
5. Do you get along with your colleagues and managers?
6. How long have you felt unfulfilled in your job?
7. Does your job give you the freedom and/or income you desire?
8. Do you feel like your job allows you to reach your fullest potential?
9. Do you feel confident at work most of the time?
10. Is your voice being heard and valued at work?
11. Is there true diversity and inclusion in your workplace?
12. What would you like to be remembered for?
13. What is the example you would like to set for your kids/ future generation?
14. How do you define success? What does it mean to you?
15. If you aren't enjoying your work/current job, what do you think is keeping you in it?
16. What fears do you have about leaving your job and pursuing a new job or career path?
17. What is your long-term career goal?
18. What kind of work schedule aligns with your lifestyle and priorities?
19. What are your passions and interests? What activities or topics do you enjoy most in your free time?
20. What are your strengths and skills? What are you naturally good at or have developed expertise in?



21. What kind of work environment do you thrive in? Do you prefer a fast-paced startup, a large corporation or something else?
22. Do you want to positively impact society or a specific cause? What causes or issues are important to you?
23. What are the potential challenges or obstacles in pursuing your dream career, and how can you address them?
24. Are you willing to invest in further education or training to reach your career goals?
25. Do you have a clear plan or roadmap for achieving your career goals/dream career and if not, what steps can you take to create one?

Once you have answered these questions honestly, read the answers back to yourself. How do you feel? What needs to change? By when? How can you tip the scale towards job satisfaction and fulfilment?

Make a list of the changes you want to make. Then make a step by step plan on how and by when you will implement these changes. Identify the potential obstacles and how you will tackle them.

Email me on coachsanjukta.mitra@gmail.com if you would like to discuss or have any questions on how to implement the changes you need to make in your job/career

or

book a free call with me if you would like some support or just need a sounding board for your ideas:

<https://calendly.com/coachsanjukta-mitra/discovery-call-30-mins>

*“Never continue in a job you don’t enjoy. If you’re happy in what you’re doing, you’ll like yourself, you’ll have inner peace. And if you have that, along with physical health, you will have had more success than you could possibly have imagined.” –
Johnny Carson*