



## Career Satisfaction Rating Wheels

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### Career satisfaction rating

#### Purpose

This exercise is useful if you have identified a few careers that might interest you, but you are not sure which one would be best. It allows you to rate each career in terms of what you consider the most important characteristics and then do a quick visual comparison.

#### Process

As a preliminary step, list 5 to 8 of the most important things that you are looking for in a job. (For example, security, autonomy, adventure, money, helping people, saving the environment, etc). Make sure these are things that are truly important to you and are consistent with your values and priorities.

Express each of these as one or two words, and then indicate the importance level of each item:

- A = Extremely important
- B = Fairly important
- C = Somewhat important

Enter this information in the following table.

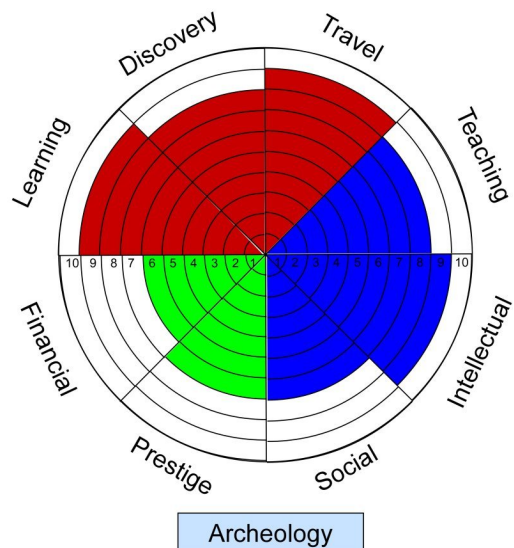
Importance	Job Characteristic <i>(one or two words)</i>	Description

Now, for each of the possible careers you have identified, complete a “**Satisfaction Wheel**”. Enter the names of the Job Characteristics around the outside, one for each segment. Rate how well that career would satisfy that need for you, with 1 being “not at all satisfied” and 10 being “totally satisfied”. Fill in the segments to indicate your level of satisfaction. Also color code the importance: **RED=Extremely important** / **BLUE=Fairly important** / **GREEN=Somewhat important**).

See the example on the right...

This person has rated his expected satisfaction levels for his most important job characteristics (RED) at levels 8 and 9.

For the fairly important characteristics (BLUE), ratings were between 7 and 9. And for the somewhat important characteristics (GREEN), ratings were 6 and 7.





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