# Happiness at work depends on how well YOU match the job

**Is this the job for you?** Many Americans are in the wrong job based on their skills, behaviors and intrinsic motivations. When all these dimensions are closely aligned with you and your job, you're going to be happy!

**If you don't want to go to work on Monday morning, you're either in the wrong job or you are currently being mismanaged!**

Take this short quiz to discover how well you are matched to your job. If you are the owner of the business, get over it and go to work.

## Read each statement, and if you agree with it, give yourself one point.

_____ 1. You look forward to Monday morning and can't wait to get to work.
_____ 2. You feel energized when you are at work.
_____ 3. You share your positive feelings with others.
_____ 4. You don't use all of your vacation until you are forced to use it.
_____ 5. You only call in sick when you are truly sick.
_____ 6. You tend to think of ways to improve your performance.
_____ 7. You feel recognized for your contributions to the company.
_____ 8. Your personal life suffers because of your passion for your job.
_____ 9. You're excited about upcoming job projects.
_____ 10. You love the continuous learning requirement of your job.
_____ 11. You lose track of time, and the workday is over before you know it.
_____ 12. You rarely go home exhausted.
_____ 13. You rarely take off a day for being sick.
_____ 14. Stressful situations tend to energize you, and you are not overwhelmed or stressed out.
_____ 15. You rarely get bored on the job or run out of things to do.

_____ TOTAL

## Scores:

0-4 Are you in the right career? There is a happiness job for all of us; the key is to find it. Update your resume!

5-8 Identify your skills and talents and look for a job that better matches you.

9-11 You are close to a great job; however, you should think about what you want in the future.

12-15 It doesn't get much better than this! Strive for work/life balance.

For more information on job matching, please visit www.ttiresearch.com and www.Solutions4Hiring.com.

©2012 Target Training International, Ltd.