

	NO	SOMETIMES	YES
I regularly review my career aspirations	1	2	3
I have lost interest in my career.	3	2	1
I update my resumé to ensure that it reflects recent career changes.	1	2	3
I rely on management to look after my career.	3	2	1
I make a point of meeting regularly with management to discuss career development opportunities.	1	2	3
I know where my career is going.	1	2	3
I don't have the time to pay close attention to my career.	3	2	1
I take responsibility for my career and do not rely on my employer to do so.	1	2	3
I maintain a good network of peers and colleague to keep abreast of trends and opportunities.	1	2	3
I don't enjoy speaking to others about my career.	3	2	1
I talk with my partner about my career goals and future plans.	1	2	3
I can count on my support network when I am uncertain about my next career move.	1	2	3
There is a healthy balance between my career and my home life.	1	2	3
There is no direction to where my career is going.	3	2	1
I am fulfilling my career ambitions.	1	2	3

My total score _____