

CAREER QUIZ

By: Alison Shih



Take my free quiz to find out whether it's time for
your next career move.

www.alisonshih.com

Let's evaluate your job situation.

There are so many reasons why it might be time for you to move on. It's possible you are in a situation where you're undervalued and underpaid. You may be dealing with the toxic work culture. You may be managing an unreasonable workload. Or possibly, you're experiencing all of the above.

This test by Career Coach Alison Shih will help you figure out if now is the time to plan your next move.

To take the quiz, have a paper and pen ready, and make a tally mark for each "yes" answer to the following questions. In the end, tally up the number of tally marks to see the result.

Is it time for a career change?

☐

You have been with your current employer for two years or more

☐

You have had the same title for two years or more

☐

You have had the same salary (within 4%) for two years or more

☐

You feel distracted by work stress during your personal time on a regular basis

☐

You feel anxious around or demotivated after speaking with your supervisor or fellow colleagues

☐

On Sunday nights, you frequently feel a sense of dread, anxiety, fear, or some iteration of the “Sunday scaries”

☐

You feel unable to take at least one full work week off at least two times per year in your current job

☐

You do not feel good about the impact your work has in your community

☐

If you take paid time off for vacation, illness, or a holiday your employer/teammates encroach on that time and do not respect your time off.

☐

You do not feel proud to work for your employer

☐

You have not felt energized by working on a project or deliverable for more than three months

☐

Your current work responsibilities make you feel that you are not consistently able to meet family, relationship, or childcare obligations as needed

☐

In receiving feedback from a superior, you have been made to feel shame, guilt, or have questioned your self-worth.

☐

You lack the flexibility you need in your work schedule and work from home options to support your lifestyle.

☐

At the end of a typical work day, it's a struggle to find the energy to cook dinner, exercise, or enjoy time with friends or family members

☐

You do not feel like the nature of the work you do is your “calling” in life

☐

You have experienced physical manifestations of stress due to your work situation (i.e. skin breakouts, weight gain or loss, joint pain or inflammation, digestive trouble)

Score

0-4

You are likely just where you should be for the time being.

But if you're thinking about upward mobility in the next year or so within your current organization or want to talk through a long-term plan, reach out and we can strategize.

5-11

It sounds like it's time to start making a plan for your next career move.

You may not be completely burned out at the present moment, but you likely will be in the near future. It's the ideal time to start looking because you will have the energy to devote to the process and as well as a time buffer before it starts to feel like a true emergency.


12-17

Whether it's because of misalignment with the mission of your current work, excessive stress, or a need to find balance with your work, personal life, and well-being—it's probably time for you to plan a career pivot as soon as humanly possible.

Start by researching new job openings in your dream field on LinkedIn, Idealist, or even Indeed to get the ball rolling. Reach out to me if you want any help charting a path, developing a network, or crafting application materials that will help you land an interview, and ultimately, a job offer.

Quitting a job can be a big decision, and like every decision in life, everyone is unsure at one point or another whether and when to start fresh.

If you are thinking about making some changes to your professional life this year, contact me to discuss if a career change is for you.



"I can be changed by
what happens to me.
But I refuse to be
reduced by it."

-MAYA ANGELOU