



Occupational wellness involves finding work that is satisfying and aligns with personal values and goals. Wellness in this area is also about balancing work with personal life and leisure time.

Occupational Wellness Assessment

On a scale of 1 to 10, how much do you AGREE or DISAGREE with these statements?

1 = Strongly AGREE **10 = Strongly DISAGREE**

1. My work **ALIGNS WITH MY VALUES.**

1 2 3 4 5 6 7 8 9 10

2. I find my work **SATISFYING.**

1 2 3 4 5 6 7 8 9 10

3. The work that I am doing now is helpful towards my **FUTURE CAREER GOALS.**

1 2 3 4 5 6 7 8 9 10

4. With my current work, I can keep a **BALANCE** between my work life and personal life.

1 2 3 4 5 6 7 8 9 10

5. My work makes me **FEEL GOOD ABOUT MYSELF.**

1 2 3 4 5 6 7 8 9 10

6. I make time for **PROFESSIONAL DEVELOPMENT/LEARNING NEW SKILLS.**

1 2 3 4 5 6 7 8 9 10

7. My coworkers would consider me **RELIABLE.**

1 2 3 4 5 6 7 8 9 10

8. I support my work through creating **GOOD LIFESTYLE HABITS**, such as getting enough sleep.

1 2 3 4 5 6 7 8 9 10





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SGOC Assessment

Use the SGOC scale to reflect on 4 important aspects of your occupational wellness.

S Your professional **STRENGTHS**

G Areas where you would like to **GROW**

O **OPPORTUNITIES** that you have

C **CHALLENGES** you face in reaching your goals

S

*My **PROFESSIONAL STRENGTHS** are:*

G

*Areas I'd like to **GROW** at work:*

O

***OPPORTUNITIES** I have professionally:*

C

***CHALLENGES** I face in reaching my professional goals:*





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Questions for Reflection

Answer the following questions to help you reflect further on your own occupational wellness.

1. How well does your work **ALIGN WITH YOUR VALUES**? Is there a different kind of work that would fit better with your values?
2. What are your **FUTURE CAREER GOALS**? How is the work you are doing now contributing to those goals?
3. Does work make you **FEEL GOOD ABOUT YOURSELF**? If it doesn't feel good sometimes, can you describe why?
4. Describe your **DREAM JOB**.
5. What **SKILLS** do you have that you enjoy using at work? Are these skills being fully utilized now? If not, is there a way they could be utilized more?





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JOURNAL PROMPTS

Use the following questions as prompts for further exploration. Write your thoughts in a journal.

1. Imagine you are nearing retirement – or if you’re already there, respond from where you are! Make a list of what you’d like to accomplish before you retire.
2. Describe your relationships with your co-workers. How do they support you?
3. Describe what your dream job would be like. What would your day-to-day schedule look and feel like?
4. How can you step out of your comfort zone at work? Are there new projects that you would like to take on? What would you like to learn?
5. Think of a co-worker who is really inspiring to you. Write about how they inspire you and what you can learn from their work style.
6. Define what success means to you at work.
7. Describe a stressful situation that you overcame in the workplace. What skills did you use to overcome the stress?
8. Write a letter of appreciation to a boss or work peer who inspires and motivates you.

Visit the [DBSA website](https://www.dbsa.org) for strategies and tips for boosting wellness in all 7 areas of the Wellness Wheel.

[DBSAAlliance.org/WellnessWheel](https://www.dbsa.org/WellnessWheel)

