



WELLNESS WORKSHEET 7

Occupational Wellness

To the six dimensions of wellness described in your text, some researchers add a seventh: occupational wellness. If you consider the total amount of time you will spend in the workplace over your lifetime, you can see how important occupational wellness is to your sense of well-being. Occupational wellness means that through your work, you gain personal satisfaction, find enrichment and meaning, build useful skills, and contribute to your community. It requires successful time management, stress reduction, and communication and negotiation. The following questions can help you discover more about what occupational wellness means to you and how to achieve it.

Values

In each of the following categories, put a check next to any item that is true for your job or life now and a plus sign in front of any item that you would like to develop more.

Career values: In my occupation, I do (✓); I would like to (+):

- | | | |
|---|--|---|
| <input type="checkbox"/> Create beauty | <input type="checkbox"/> Help people | <input type="checkbox"/> Organize things |
| <input type="checkbox"/> Create ideas | <input type="checkbox"/> Improve society | <input type="checkbox"/> Perform physical tasks |
| <input type="checkbox"/> Experience variety | <input type="checkbox"/> Make things | <input type="checkbox"/> Take responsibility |
| <input type="checkbox"/> Follow directions | <input type="checkbox"/> Manage people | |

Result values: I have (✓); I'd like to have more (+):

- | | | |
|---|---------------------------------------|------------------------------------|
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Independence | <input type="checkbox"/> Power |
| <input type="checkbox"/> Beautiful surroundings | <input type="checkbox"/> Leisure time | <input type="checkbox"/> Prestige |
| <input type="checkbox"/> Comfort | <input type="checkbox"/> Money | <input type="checkbox"/> Security |
| <input type="checkbox"/> Fun | <input type="checkbox"/> Possessions | <input type="checkbox"/> Structure |
| <input type="checkbox"/> Happiness | | |

Personal qualities: I am (✓); I'd like to be more (+):

- | | | |
|--|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Accepting | <input type="checkbox"/> Cooperative | <input type="checkbox"/> Honest/fair |
| <input type="checkbox"/> Affectionate | <input type="checkbox"/> Courteous | <input type="checkbox"/> Intelligent |
| <input type="checkbox"/> Ambitious | <input type="checkbox"/> Creative | <input type="checkbox"/> Joyful |
| <input type="checkbox"/> Balanced | <input type="checkbox"/> Decisive | <input type="checkbox"/> Kind |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Disciplined | <input type="checkbox"/> Loving |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Efficient | <input type="checkbox"/> Loyal |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Mature |
| <input type="checkbox"/> Compassionate | <input type="checkbox"/> Famous | <input type="checkbox"/> Neat |
| <input type="checkbox"/> Competitive | <input type="checkbox"/> Friendly | <input type="checkbox"/> Needed |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Good-looking | <input type="checkbox"/> Optimistic |
| <input type="checkbox"/> Conscientious | <input type="checkbox"/> Healthy | <input type="checkbox"/> Peaceful |

(over)

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- | | | |
|--------------------|-------------------|------------|
| ___ Poised | ___ Strong | ___ Verbal |
| ___ Prompt | ___ Successful | ___ Warm |
| ___ Self-accepting | ___ Trusting | ___ Wise |
| ___ Sensitive | ___ Understanding | |

Skills

For each of the following occupation-related qualities, rate your current status (1–5): 1 indicates that your skills are limited in an area and 5 indicates a significant personal strength. Also place a plus sign (+) next to the qualities that you'd like to develop further. Circle the names of any skills that you think are or will be important in your working life.

- ___ *Logical intelligence:* Think, observe, plan, analyze, evaluate, understand, solve problems; put ideas and information together to deal with complex operations; plan and organize work; keep track of verbal and numerical information in an orderly way; make decisions using common sense based on practical experience.
- ___ *Intuitive intelligence:* Imagine, compare, see things holistically, decide based on best guesses and intuitive common sense rather than rules or measurements; use words, numbers, or symbols creatively; develop new ideas, new processes, new combinations.
- ___ *Verbal ability:* Use words to read, research, write, listen, record, discuss, direct, instruct, communicate, motivate.
- ___ *Numerical ability:* Use numbers and symbols to measure, figure, calculate, estimate, keep books, budget, analyze.
- ___ *Exactness with detail:* Follow directions exactly; make decisions based on set rules or measurements; attend to small details in proofreading words, numbers, symbols, and/or diagrams or in examining lines and shapes of products.
- ___ *Facility with multidimensional form:* Understand, visualize, relate two- or three-dimensional lines or shapes, spaces, shading—sometimes in color.
- ___ *Facility in businesslike contact with people:* Manage, supervise, organize, motivate, entertain, train, serve, negotiate with, cooperate with people.
- ___ *Ability to influence people:* Persuade/inspire others to think or behave in certain ways; teach, exchange, interpret ideas/facts/feelings; help others solve personal problems.
- ___ *Finger/hand agility:* Use fingers/hands to make, repair, process, test, assemble, operate various products/machines/tools using special techniques, sometimes very complex.
- ___ *Whole body agility:* Use the whole body to handle, carry, lift, move, balance, or coordinate itself or physical objects.

(over)

Values and Skills: A Summary

Write a brief summary of the items you've marked in the previous two sections. What do you value, and what are your current and target skills? What does this say about the type of occupation you should have in order to achieve occupational wellness?

Past and Current Jobs

Briefly describe your current occupation and any past jobs. Rate them according to some of the major characteristics of occupational wellness, including satisfaction, meaning, and consistency with your key values and skills/strengths.

Goals

What lifestyle would you like to have? Describe your ideals in areas such as home, clothing, food, family, friends, associates, transportation, pets, gadgets, activities and hobbies, and travel:

(over)

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If you could instantly have the job of your dreams, what would it be? If your goal were to please yourself and your family, what would it be? If your goal were to improve the world, what would it be?

Moving Forward

Look back over all your lists and pick an area for improvement or development. What specific steps, large or small, can you take to improve this area of your life to boost your current or future occupational wellness? If necessary, see a counselor to talk over problem areas or values conflicts.

Area to improve: _____

Steps to take: