

How to test if a job is right for you

It's hard to feel motivated or do your best work when you have outgrown your role.

The following Q&A was supplied to CareerOne by Gaby Molnar, a recruiter with Hamilton James and Bruce and a trainer with famous US motivation coach Anthony Robbins.

Gaby has spent eight years studying motivation and peak performance.

This quiz will provide you with a diagnosis as to whether you need to find motivation or simply a new job. Rate each area on a 0-10 basis.

"The theory behind this test is that in order for you to find complete fulfillment and motivation in a job, you must score at least an 8-10 in all six categories," Gaby explains.

"To enjoy your job and have a really nice time, the first four are really important but, to get absolute fulfillment, all six categories must have a high rating."

Certainty/Comfort

Rate yourself highly if you feel secure in your job (or as secure as anyone can these days) and are confident about your abilities.

Variety

If your role offers surprise, diversity, challenge and excitement rate yourself highly.

Significance

Do you feel your contribution is important to the company? Do you feel unique and needed?

Connection

Do you like your colleagues? Do you feel part of a team?

Growth

Are you learning? Is your skill set expanding?

Contribution

Does your job make a difference to the wider world? Do you feel you are helping people?

Once you have rated your job, Gaby recommends investing time in developing a plan to boost your level of fulfillment in each area. If your job rates poorly, then [click here](#) to find another job.

Gaby says that if you do not address the poorly rated areas within three to six months you could find you leave your job without understanding why.

If you do that you will miss the opportunity to ensure that your next role fulfills these six basic needs.

Story by Kate Southam, editor of CareerOne.