

Career Assessment

Does Your Career Fit Your Personality?

Adults spend a massive amount of their waking life working. The stark reality is that if you're overstressed and unhappy at your job, your overall happiness is going to suffer as well.

That's why it is important to understand the results of career and personality assessments and to thoughtfully apply those results to your career choices. This month, utilize the free resource below to gain some insight into your personality type and career interests. There are plenty of alternative resources, and you're welcome to substitute a different free or paid resource at your discretion — just make sure you take an assessment!

Take the Free Exam

Visit:

<http://www.humanmetrics.com/personality/career-choices>

Read the introductory page and the results thoroughly to fully benefit from their insight!

Employer Activity Tracking

Please complete the following information and submit it to your employer to receive credit for this activity:

Name:

Date:

Did you complete the personality test?

YES NO

List a few job tasks you particularly enjoy that align with the results of your test:
