



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Confused About My Career?

10 questions about direction and purpose for young adults

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Understanding yourself is the most courageous thing you can do. Simply pausing to ask how you are, and actually answering honestly, is an act of profound self-respect.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Am I Confused About My Career?

This assessment helps you understand where you stand regarding career clarity. Answer honestly to get a better perspective.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you feel a clear sense of direction for your future career path?
- Do you often feel pressured by family expectations regarding your career choices?
- Do you sometimes choose a career path primarily to please others, rather than yourself?
- Do you frequently compare your career progress and choices with those of your peers?
- Does your current educational or work path feel largely meaningless or unfulfilling?
- Do you find yourself frequently daydreaming about pursuing a completely different life or career?
- Do you experience significant anxiety when thinking about your long-term future and career prospects?
- Do you find it difficult to commit to a specific career direction, often changing your mind?
- Do you feel like you are falling behind your peers in terms of career development or life milestones?
- Do you sometimes feel excited about various possibilities but struggle to pick one?

Score: Count the total number of 'Yes' answers to all questions.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Clear and Confident

Your responses suggest a strong sense of career direction and personal alignment. You are likely on a path that feels right for you.

SCORE: 4-6

Mildly Uncertain

You show some signs of uncertainty, perhaps influenced by external factors or a lack of clear direction. Exploring your interests further could be beneficial.

SCORE: 7-8

Significantly Confused

Your answers indicate considerable confusion or external pressure impacting your career choices. It might be helpful to reflect deeply on your personal aspirations versus expectations.

SCORE: 9-10

Acutely Uncertain

Your responses suggest significant distress and confusion regarding your career path. Seeking guidance from a career counsellor or mentor is strongly recommended to navigate these feelings.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

After reviewing your results, identify one small, manageable step you can take to explore your interests further, even if it's just reading an article or talking to someone in a field that sparks your curiosity.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific career path feels most authentic to you, independent of external opinions?

2. What small, actionable step can you take this week towards exploring a career that genuinely excites you?

3. How can you communicate your career aspirations to your family in a way that honours both their concerns and your own needs?

How are you feeling right now? Circle one:

Very difficult A bit low Okay Feeling good Very well

Continue Your Journey

Recommended resources based on your results:

1

Career Compass Toolkit

A guide to help you navigate career decisions with confidence.

₹499

2

Mindful Pathways Journal

Prompts and exercises for self-discovery and goal setting.

₹299

3

Parental Guidance Series

Strategies for balancing family expectations with personal aspirations.

₹399

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."

– Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224