



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

# Am I in the Right Career?

---

10 questions about career alignment and purpose

**Dr. Priya Dubey Sharma**

Founder & Consulting Psychologist

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



## Dr. Priya Dubey Sharma

Founder & Consulting Psychologist | PhD | 18+ Years

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.

“ Burnout is not a badge of honour. Your wellbeing is not optional. It is the foundation everything else stands on.

### 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 in the Right Career?

This self-assessment helps you reflect on your current career path and its alignment with your aspirations. It takes about 5 minutes to complete.

### Assessment Questions

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

- Do you often experience dread or anxiety on Sunday evenings about the upcoming work week?
- Do you frequently feel a lack of purpose or meaning in your daily work activities?
- Do you often find yourself envying people who are in different career paths?
- Is your primary motivation for staying in your current job solely due to financial security or family expectations?
- Do you feel a significant conflict between your core personal values and the demands of your job?
- Do you believe your unique skills and talents are not being fully utilized or are being wasted in your current role?
- Have you experienced minimal or no professional growth opportunities in your current role for over two years?
- Do you feel that your sense of self-identity is excessively tied to your job title or professional role?
- Have you seriously considered quitting your job but hesitated due to fear of the unknown or other pressures?
- Do you feel a sense of excitement or genuine interest when you imagine yourself pursuing a different career path?

**Score:** Count the number of 'Yes' answers. A 'Yes' indicates a potential area of misalignment.



## Your Results

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

### SCORE: 0-3

#### Aligned

Your career appears to be well-aligned with your current aspirations and values. Continue nurturing this path.

### SCORE: 4-6

#### Slightly Off Track

There might be a few areas where your career is not fully matching your expectations. Reflecting on these points could be beneficial.

### SCORE: 7-8

#### Significantly Misaligned

Several aspects of your career seem to be out of sync with your deeper needs. It may be time for a more focused evaluation of your career direction.

### SCORE: 9-10

#### Urgently Misaligned

Your current career path appears to be causing significant distress and dissatisfaction. Exploring professional guidance to navigate this situation is strongly recommended.

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

### DR. PRIYA'S TIP

Review your 'Yes' answers and identify patterns. Consider exploring careers that align better with your core values and interests, even if it starts with small informational steps.

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



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which 'Yes' answer resonated most strongly with your current feelings?

---

---

---

---

2. What is one small step you could take this week towards a more fulfilling work situation?

---

---

---

---

3. If fear was not a factor, what career path would you explore?

---

---

---

---

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 Clarity Workshop

A guided workshop to help you identify your ideal career path.

₹1999

2

### Values-Based Goal Setting Guide

Learn to set goals that honor your personal values.

₹499

3

### Mindful Work Practices Module

Develop strategies for greater focus and satisfaction at work.

₹999

### TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at [manas365.com/assessments](https://manas365.com/assessments)



### Audio Companion

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



## Stay Connected with Manas

Scan any QR code below to explore more resources, book a session, or reach us on WhatsApp.



**Visit Our Website**

[manas365.com](https://manas365.com)



**Free Assessments**

270+ free tests



**500+ E-Books**

[manas365.com/  
resources](https://manas365.com/resources)



**WhatsApp Us**

+91 99818 13224



**Book a Session with  
Dr. Priya**

[manas365.com/book-  
session](https://manas365.com/book-session)

## Book a Session with Dr. Priya

Individual • Couples • Family • Teen • Corporate Wellness

[manas365.com/book-session](https://manas365.com/book-session)

WhatsApp: +91 99818 13224



**"You deserve a life that exists beyond your work performance. I hope this guide helps you begin to build it."**

— Dr. Priya Dubey Sharma

मनस् – Center for Mental Wellness & Counselling

[manas365.com](http://manas365.com)

**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](mailto:priya@manas365.com) | +91 99818 13224