

## My Work

- My job is satisfying and fulfilling
- My job challenges and stretches me
- What I do has meaning and purpose
- If I do not actually look forward to going to work, I certainly have no feeling of foreboding about it
- I have a good relationship with my boss/staff
- I have good relationships with my colleagues and/or clients
- I have people around me who support, encourage and inspire me to give of my best
- I am not afraid of making a mistake at work
- I have the resources I need to do my job properly
- I rarely have time off work because of illness
- My job is secure (I have no worries about being made redundant or the business going bust)
- My current salary seems fair (considering my age, skills, experience and how hard I work)
- I am happy with my current salary
- I have good prospects for promotion (/expanding my business)
- I have the space and support to develop and grow at work
- People listen to me and value my input
- I am productive; I do not spend more time working on something than the task merits
- I meet deadlines without undue stress
- My work environment is comfortable, clutter-free and conducive to creative work
- I stop work for lunch
- I do not consistently work more than 8 hours a day
- I do not work at weekends
- I take all my holiday entitlement/at least 4 weeks' holiday a year
- My journey to and from work is stress-free
- When I get home, I am rarely too drained and exhausted to enjoy my evening

My score on \_\_\_\_\_ (date) is \_\_\_\_\_ / 25