

Workday Vitality Quiz

For each of the following statements, indicate how often it is true for you using the following scale.

- 5 = every day (or almost every day)
- 4 = a majority of the time
- 3 = half of the time
- 2 = occasionally
- 1 = rarely

Things may be hectic, but you take the events of your day in stride.	
You have time for deep work that means something to you.	
You are not "in the grip" all day or feeling like you are just trying to make it through the week.	
You don't feel drained by workday interpersonal interactions and other frictions.	
You have energy "left over" for your life.	
You take workday breaks when you need them and aren't solely fueled by caffeine, sugar, or convenience food.	
When bedtime comes, you can wind down and drift easily into a restful sleep without work being on your mind.	
Evenings and weekends are enjoyable, without work on your mind.	
Relaxing in general is not a struggle; you can ease out of work mode and be present to life.	
Your workday energizes you, and isn't something you need to "recover" from.	

Now add up your scores.

The max score is 50 and the min score is 10. The higher the score the better.

This quiz is just something I made up, so hasn't been psychometrically validated as an instrument. It means your score is up to interpretation by you.

Reflection Time

1. Are you surprised by your score? Explain.

2. What patterns do you notice regarding statements that received similar scores?

Score of 1

Score of 2

Score of 3

Score of 4

Score of 5

3. Choose one statement that you'd like to raise the score of. What would it take for it to be true (almost) every day?

4. From the scenario you described above, brainstorm a list of things you could try in order to get closer to a score of 5.

5. Add to your brainstormed list 2-5 very tiny actions (e.g., take 5 deep breaths; take a 1-minute break to look at funny cat videos).

6. Add to your brainstormed list 2-5 "outlandish" actions (e.g., quit your job and enroll in pastry school; tell your annoying coworker off).

7. From your brainstormed list, choose one thing to commit to trying. What prep do you need to do in order to try it? What challenges will you face and how will you overcome them? Is it a one-time action or something to try over a week or a month?

8. After giving it a try, iterate on it if needed or return to the brainstormed list and pick another idea.

9. What else is on your mind regarding this quiz?



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