

INTRODUCTION: The following quiz will help gauge your work engagement tendencies.

INSTRUCTIONS: Indicate the extent to which each of the following statements describes your behavior or attitude by circling one number. The numbers refer to disagree strongly (DS), disagree (D), neither agree nor disagree (N), agree (A), and agree strongly (AS). Consider enlisting the help of someone who knows your behavior and attitudes well to help you respond accurately to the statements.

DS	D	N	A	AS	
☐	☐	☐	☐	☐	I feel filled with energy while at work.
☐	☐	☐	☐	☐	My work usually starts to get a little dull after the first couple of hours on the job.
☐	☐	☐	☐	☐	I am very proud of my work.
☐	☐	☐	☐	☐	I plan to quit my job as soon as a better one comes along.
☐	☐	☐	☐	☐	While at work I often daydream about how nice it would be to be retired.
☐	☐	☐	☐	☐	My job is a key part of who I am.
☐	☐	☐	☐	☐	I think that helping my coworkers is an important part of my job.
☐	☐	☐	☐	☐	I feel an emotional attachment toward my company.
☐	☐	☐	☐	☐	I look forward to each work day with loads of excitement.
☐	☐	☐	☐	☐	I should really find a different line of work.
☐	☐	☐	☐	☐	The most exciting thing about my job is the fact that I get paid.
☐	☐	☐	☐	☐	I really care about the welfare of my company.
☐	☐	☐	☐	☐	It is really boring answering these questions about my job and work.
☐	☐	☐	☐	☐	Almost every detail of my job interests me.
☐	☐	☐	☐	☐	My job inspires me.