

Energy Level Questionnaire

Use the questionnaire below to evaluate your energy levels.

Description		Never					Always	
		1	2	3	4	5	6	7
1.	I have a high level of physical energy at work							
2.	I have a high level of positive emotional energy at work							
3.	I can focus and concentrate at work							
4.	I am passionate about my work							
5.	I feel rested when I wake up							
6.	I have more challenges and opportunities than frustration and aggravation at work							
7.	I manage my time efficiently at work							
8.	I feel a sense of purpose and meaning in my work							
9.	I lift heavier weights as I get stronger to maintain progress							
10.	I create and sustain relationships of warmth, depth and genuineness at work							
11.	I am positive and solution-orientated at work rather than critical and complaining							
12.	I am mentally alert and sharp at work							
13.	I take actions at work, which are consistent with my deepest values							

14.	I look forward to my workouts							
15.	I feel happy and satisfied at work							
16.	I get along with my boss							
17.	I feel organised and mentally prepared to do my work each day							
18.	My personal values are consistent with my company's values.							
19.	I increase my aerobic/cardiovascular training level, as I get fitter to maintain progress							
20.	I get along with my colleagues							
21.	I can think clearly and logically at work even under conditions of high demand							
22.	I feel my work is personally fulfilling							
23.	I feel that my successes are sufficiently acknowledged and recognised at work							
24.	I feel confident at work							
25.	I feel fully engaged at work							
26.	I can truly leave work behind at the end of the day							
27.	My energy levels remain constant up to bedtime.							