

Are You Thriving At Work?

Think about your experiences and feelings at work over the last week.

How often has each of the following occurred? 0 = never, 5 = half the time, 10 = all the time

PILLAR	DEFINITION	SCORE
POSITIVE EMOTION	I felt positive.	
ENGAGEMENT	I felt interested and deeply engaged.	
RELATIONSHIPS	I felt respected and appreciated by others.	
MEANING	I felt what I did was valuable and worthwhile.	
ACCOMPLISHMENT	I made progress towards my goals.	
HEALTH	Physically, I felt strong and healthy.	