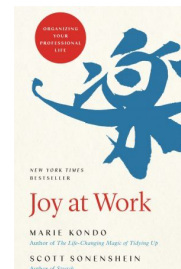


Identify What Sparks Joy at Work for You

People differ in what sparks the most joy for them at work. Read each of the twelve statements and then, using a scale from 1 to 5, rate your level of agreement or disagreement. There's no right or wrong answer. Just listen to your heart and respond honestly. (1=strongly disagree, 2=disagree, 3=neither, 4=agree, 5=strongly agree).



- ___ I get a lot of pleasure from learning new things.
- ___ I seek out challenges at work.
- ___ I benefit by working with others who have more skills or expertise than me.

___ TOTAL A (sum the above three questions)

- ___ I would like a flexible work schedule.
- ___ I like to speak my mind at work.
- ___ I want freedom to do my work as I best see fit, without too much supervision.

___ TOTAL B (sum the above three questions)

- ___ I want to maximize the amount of money I make.
- ___ I would like to master my job.
- ___ I value earning praise from people I work with, such as colleagues, customers, or supervisors.

___ TOTAL C (sum the above three questions)

- ___ I prioritize forming genuine friendships at work.
- ___ I enjoy helping others at work.
- ___ I prefer to have colleagues working closely with me, versus working independently.

___ TOTAL D (sum the above three questions)

Each total represents an area of work that might spark joy for you. Total A is your Learning score, Total B is your Independence score, Total C is your Achieving score, and Total D is your Connecting score. Totals with a score of 12 or greater are ones you especially value.

You can use this assessment to orient your work and help you talk with others about what's most important to you for a joyful work life.