

## CHECKING YOUR INNER BATTERY

Review your life over the last six months, both at work and away from work. Then read over the items below and rate how often each symptom is true of you. When you're done, add up your score.

Rating scale: 1=rarely, 2=occasionally, 3=about half the time, 4=frequently, 5=almost always

- \_\_\_\_\_ 1. I feel tired even though I've gotten adequate sleep
- \_\_\_\_\_ 2. I am dissatisfied with my work.
- \_\_\_\_\_ 3. I feel sad for no apparent reason.
- \_\_\_\_\_ 4. I am forgetful.
- \_\_\_\_\_ 5. I am irritable and snap at people.
- \_\_\_\_\_ 6. I avoid people at work and in my private life.
- \_\_\_\_\_ 7. I have trouble sleeping because of my worry about work.
- \_\_\_\_\_ 8. I get sick a lot more than I used to.
- \_\_\_\_\_ 9. I get into conflicts.
- \_\_\_\_\_ 10. My attitude about work is "why bother?"
- \_\_\_\_\_ 11. My job performance is not up to par.
- \_\_\_\_\_ 12. I use alcohol and/or drugs to feel better.
- \_\_\_\_\_ 13. Communicating with people is a strain.
- \_\_\_\_\_ 14. I can't concentrate on my work like I once could.
- \_\_\_\_\_ 15. I am bored with my work.
- \_\_\_\_\_ 16. I work hard but accomplish little.
- \_\_\_\_\_ 17. I feel frustrated with my work.
- \_\_\_\_\_ 18. I don't like going to work.
- \_\_\_\_\_ 19. Social activities are draining.
- \_\_\_\_\_ 20. Sex is not worth the effort.
- \_\_\_\_\_ 21. I watch TV most of the time when not working.
- \_\_\_\_\_ 22. I don't have much to look forward to in my work.
- \_\_\_\_\_ 23. I worry about work during my off hours.
- \_\_\_\_\_ 24. My feelings about work interfere with my personal life.
- \_\_\_\_\_ 25. My work seems pointless.

### Scoring

<b>25-50</b>	You're doing well.
<b>51-75</b>	You're OK if you recharge your battery.
<b>76-100</b>	Your battery is dying.
<b>101-125</b>	Time for a new battery.

Adapted from "Overcoming Job Burnout" by Beverly Potter (Ronin Publishing), in Los Angeles Times.

**Think of a project or job where you freely gave 150% of your energies.**

What made you do that?

2,500 people responded:

1. Doing work that becomes a direct expression of ones' values
2. Work that enables people to feel they are making a worthy contribution
3. Work that allows people to find and discover new areas of mastery and artistry
4. Work that fosters community and teamwork in an organization.

Key issue: What gives you energy at work?

From "Awakening Corporate Soul" by John Izzo and Eric Klein.