

## How inspired are you feeling at work these days?

Take this brief survey to see how you're doing in certain critical areas.

Evaluate yourself from 1 to 6, based upon which statement best describes your current feeling.

### After the survey:

Of course, higher scores are better.

But remember this is a snapshot, not destiny.

The good news is your level of inspiration (and related productivity) is not fixed. With support, structure, and a little work you can positively shift each category. The key is integrating **your total self**.

For the *head*, you need ideas that are creative, engaging, and effective.

For the *heart*, you need a meaningful purpose bigger than yourself.

For the *body*, you need action that is focused, productive, and largely self-directed – drawing you into your **flow-state**, a.k.a. your **zone of high performance**.

## SURVEY . . .

# How Inspired Are You?

<b>Feedback-deprived:</b> I'm not sure how I come across to others, how they actually see and experience me.	1 2 3 4 5 6	<b>Feedback-rich:</b> I regularly get helpful and objective feedback from key stakeholders.
<b>Burnout:</b> My attitudinal resilience has definitely taken a hit lately – my stress is consistently too high.	1 2 3 4 5 6	<b>Resilient:</b> I have definite steps and practices for regaining and maintaining my resilience.
<b>Overwhelmed:</b> I'm constantly putting out fires, reacting to one crisis after another.	1 2 3 4 5 6	<b>Centered:</b> At times I'm stressed, but still find ways to keep my <i>larger perspective</i> and stay centered.
<b>Unfocused:</b> My days are just too random. I need more structure and focus on what is truly important.	1 2 3 4 5 6	<b>Purposeful:</b> I have the structure and focus for achieving those things that are truly important.
<b>Avoiding:</b> I don't feel I'm really challenging my self and my team with goals that matter.	1 2 3 4 5 6	<b>Engaged:</b> I regularly challenge my self and/or my team with goals that matter.
<b>Stagnant:</b> I'm feeling "stuck" with perspectives, methods, and routines that aren't really serving me.	1 2 3 4 5 6	<b>Curious:</b> I'm constantly learning and experimenting with creative, self-directed ways of doing things.
<b>Struggling:</b> I'm not hitting my core goals. <i>i.e.</i> , sales, income, growth, leading, health, etc.	1 2 3 4 5 6	<b>Effective:</b> I'm attaining or exceeding my core personal and business goals.
<b>Disheartened:</b> It's hard to put my finger on it, but my heart just isn't in the game any more.	1 2 3 4 5 6	<b>Heartened:</b> I get innate pleasure and satisfaction from core aspects of my work.
<b>Fatigued:</b> Long hours and stress are taking their toll on my energy, mood, and confidence.	1 2 3 4 5 6	<b>Vigorous:</b> I'm religious about taking the time to get enough sleep, exercise and relaxation.
<b>Unsupported:</b> I'm just not feeling appreciation and support from others.	1 2 3 4 5 6	<b>Supported:</b> I'm largely feeling appreciated and supported by others.
<b>Apathetic:</b> Candidly, I'm feeling somewhat indifferent and disinterested these days.	1 2 3 4 5 6	<b>Energized:</b> I'm feeling excited and energized about the projects and activities in my life.
<b>Pessimistic:</b> I'm not used to feeling negative and road-blocked, but that is how I feel these days.	1 2 3 4 5 6	<b>Optimistic:</b> I feel the future is challenging yet I am grateful for the many opportunities presented.
<b>Off My Game:</b> I'm losing significant leverage by not utilizing my natural strengths and gifts.	1 2 3 4 5 6	<b>Sweet spot:</b> I'm able to fully use and leverage my natural strengths and personal gifts.
<b>Ungrounded:</b> I'm not feeling fully connected to my core values and purpose.	1 2 3 4 5 6	<b>Grounded:</b> I'm largely feeling connected to my core values and purpose.
<b>Know-Do-Gap:</b> I often <i>know</i> what to do. I just can't get myself to consistently do it.	1 2 3 4 5 6	<b>Know-Do-Gap:</b> Most days I can rally my passion for work and stick with my routines and systems.

### To discuss your specific needs:

Call Dale at 415.381.2858 or email [info@dalebiron.com](mailto:info@dalebiron.com)

### For more topics, and to learn about our SPEAKING and TEACHING programs:

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