

DAILY WORK SURVEY

DATE _____

TIME _____

USERNAME _____

Please answer the following questions about your job. All responses are strictly confidential so please respond openly and honestly according to how you feel about your job right now. (Circle one option.)

1. During most of the past two hours I have felt enthusiastic about my work

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

2. At this very moment, I feel fairly satisfied with my job.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

3. Right now, each minute of work seems like it will never end

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

4. Right now, I find real enjoyment in my work.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

5. At the present time, I consider my job rather unpleasant.

1	2	3	4	5
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree

Please use a number from this scale to indicate the extent to which each adjective describes your mood right now. There are no right or wrong answers; please respond honestly and openly, about your mood at the present moment.

Not at all	Very Slightly	Somewhat	Moderate amount	Much	Very much	Extremely much
0	1	2	3	4	5	6

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|-------------------------------|-------------------|----------------------------------|
| 1. _____ Cheerful | 21. _____ Shaky | 41. _____ Lively |
| 2. _____ Disgusted | 22. _____ Happy | 42. _____ Ashamed |
| 3. _____ Attentive | 23. _____ Timid | 43. _____ At ease |
| 4. _____ Bashful | 24. _____ Alone | 44. _____ Scared |
| 5. _____ Sluggish | 25. _____ Alert | 45. _____ Drowsy |
| 6. _____ Daring | 26. _____ Upset | 46. _____ Angry at self |
| 7. _____ Surprised | 27. _____ Angry | 47. _____ Enthusiastic |
| 8. _____ Strong | 18. _____ Bold | 48. _____ Downhearted |
| 9. _____ Scornful | 19. _____ Blue | 49. _____ Sheepish |
| 10. _____ Relaxed | 30. _____ Shy | 50. _____ Distressed |
| 11. _____ Irritable | 31. _____ Active | 51. _____ Blameworthy |
| 12. _____ Delighted | 32. _____ Guilty | 52. _____ Determined |
| 13. _____ Inspired | 33. _____ Joyful | 53. _____ Frightened |
| 14. _____ Fearless | 34. _____ Nervous | 54. _____ Astonished |
| 15. _____ Disgusted with self | 35. _____ Lonely | 55. _____ Interested |
| 16. _____ Sad | 36. _____ Sleepy | 56. _____ Loathing |
| 17. _____ Calm | 37. _____ Excited | 57. _____ Confident |
| 18. _____ Afraid | 38. _____ Hostile | 58. _____ Energetic |
| 19. _____ Tired | 39. _____ Proud | 59. _____ Concentrating |
| 20. _____ Amazed | 40. _____ Jittery | 60. _____ Dissatisfied with self |