



Work Engagement scale

Strongly disagree

strongly agree

At my work I feel bursting with energy

1 2 3 4 5

At my job I feel strong and vigorous

1 2 3 4 5

I am enthusiastic about my job

1 2 3 4 5

My job inspires me

1 2 3 4 5

When I get up in the morning I feel like going to work

1 2 3 4 5

I feel happy when I am working intensively

1 2 3 4 5

I am proud of the work I do

1 2 3 4 5

I am immersed in my work

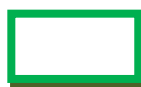
1 2 3 4 5

I get carried away when I am working

1 2 3 4 5



Involved



Work hard



Engrossed

Based on the Utrecht work engagement scale

Add up your scores and place in the appropriate coloured box your scores for the same coloured questions. Anyone with 9 or less needs support in developing social engagement with their work and workplace.