

Your Thrive/Survive Self-Test

Find out if you're thriving on your job or just surviving. Answer the following questions as honestly as you can, checking all that apply.

1. Which of these terms describe your attitude toward your job?

- boring
- stressful
- beneath me
- hectic
- too much work
- constant crisis

2. Which of these things are typical of what you think or say about your job?

- "I hate this job."
- "I can never get along with _____."
- "It's Monday (or some other day); Mondays are always terrible!"
- "I'll never get my work done on time."
- "I'll be glad when this day/week is over."
- "If he/she says that to me one more time, I'll scream!"

3. Which of these describe your analysis of your immediate manager(s)?

- incompetent
- unappreciative
- nonsupportive
- poor communicator
- poor listener
- disorganized

4. Which of the following types of conversations do you frequently have with your coworkers?

- complain about the work environment
- gossip about coworkers
- gripe bout pay
- bad-mouth managers
- complain about the work load
- criticize management decisions or system

5. Which of the following do you often practice?

- arrive late for work
- turn in assignments late or miss deadlines often
- take long lunch hours
- make too many personal telephone calls at work
- leave your work station unattended to chat with others

6. Which of the following have you done in the last three months?

- asked my manager for feedback on my performance
- offered to help a coworker who had a heavy work load
- did something for a customer that I did not have to do
- got to work early or stayed late for a special project or heavy work load situation

7. Which of the following skills have you tried to acquire or improve in the last six months?

- telephone manners
- listening skills
- dealing with angry people
- body language/dress

8. What education have you pursued, either formally or informally, in the last six months?

- software education computer education presentation skills
- time-management skills other job-related education

9. Which of the following have you ever done?

- asked for more responsibility
- suggested a better system to give more efficient service
- proposed a rewrite of my job description
- asked for a training session
- checked out local opportunities for furthering my education and/or skills on my own

10. Which of the following do you practice?

- return phone calls promptly
- compliment others who do a good job
- ask coworkers for advice and comments when appropriate
- keep track and follow up on every commitment and promise I have made and every responsibility I have accepted

How to Score Yourself

Questions 1 through 5:

For every answer checked, give yourself 0 points.
For every answer *not* checked, give yourself 5 points.

Questions 6 through 10:

For every answer checked, give yourself 5 points.
For every answer *not* checked, give yourself 0 points.

Total Points

0-20	Not even surviving; on your last leg!
21-75	Barely surviving.
76-110	Surviving with good and bad days—more band than good!
111-170	Better than just surviving; you thrive on occasion.
171-200	You're a thriver most of the time.
201-250	You're growing and thriving all the time. Congratulations!