

## Power of Full Engagement Self Profile

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Full engagement means physically energized, emotionally connected, mentally focused and spiritually aligned. Full engagement requires each of these four sources of energy. All of them are necessary, none is sufficient by itself and each influences the others.

The next 26 questions encompass a very quick profile. It will give you an initial sense of your engagement. If you want to take a full assessment (which has a fee), click here for more information:

[http://www.performanceprograms.com/surveys/Full\\_Engagement\\_Profile.html](http://www.performanceprograms.com/surveys/Full_Engagement_Profile.html)

**Rating Scale:** 1 = Never; 2 = Almost Never; 3 = Sometimes; 4 = Average; 5 = Often; 6 = Almost Always; 7 = Always

1. I have a high level of physical energy at work: \_\_\_\_\_
2. I have a high level of positive emotionally energy at work: \_\_\_\_\_
3. I am able to focus and concentrate at work: \_\_\_\_\_
4. I am passionate about my work: \_\_\_\_\_
5. I feel fully rested when I wake up: \_\_\_\_\_
6. I feel more challenge and opportunity than frustration and aggravation at work: \_\_\_\_\_
7. I manage my time efficiently at work: \_\_\_\_\_
8. I feel a sense of purpose and meaning in my work: \_\_\_\_\_
9. I lift heavier weights as I get stronger to maintain progress: \_\_\_\_\_
10. I create and sustain relationships of warmth, depth and genuineness as work: \_\_\_\_\_
11. I am positive and solution-oriented at work rather than critical and complaining: \_\_\_\_\_
12. I am mentally alert and sharp at work: \_\_\_\_\_
13. I take actions at work which are consistent with deepest values: \_\_\_\_\_
14. I look forward to my workouts: \_\_\_\_\_
15. I feel happy and satisfied at work: \_\_\_\_\_
16. I get along with my boss: \_\_\_\_\_
17. I feel organized and mentally prepared to do my work each day: \_\_\_\_\_
18. My personal values are consistent with my company's values: \_\_\_\_\_
19. I increase my aerobic/cardiovascular training level, as I get fitter to maintain progress: \_\_\_\_\_
20. I get along with my colleagues: \_\_\_\_\_
21. I am able to think clearly and logically at work even under conditions of high demand: \_\_\_\_\_
22. I feel my work is personally fulfilling: \_\_\_\_\_
23. I feel that my successes are sufficiently acknowledged and recognized at work: \_\_\_\_\_
24. I feel confident at work: \_\_\_\_\_
25. I feel fully engaged at work: \_\_\_\_\_
26. I am able to truly leave work behind at the end of the day: \_\_\_\_\_
27. Please rate your level of negative stress at this time on a scale of 0 – 100: \_\_\_\_\_
28. What do you see as the biggest personal obstacles to having more energy and being fully engaged at work: \_\_\_\_\_