

LIVING WITH PRODUCTIVITY & JOY ASSESSMENT

Instructions

This assessment is designed for people who are “productivity machines” and forget to invite joy into their lives. Take this assessment to measure where you are with the five elements that support a balance of joy and productivity.

Answer the below questions with the 5-point scale and choose the rating you agree with most for each question. Calculate your total score.

5=Very much like me

4=Like me

3=Neutral

2=Unlike me

1=Very unlike me

1. I am often told I am calm and present.

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

2. I am fully aware of what brings me joy in life.

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

3. I often focus on the good things at work.

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

4. I very rarely feel frenzied or rushed.

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

5. I always get to know the people I work with on a personal level.

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

6. I am always able to notice the little things that are positive or bring me joy.

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

7. I often laugh throughout the day.

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

8. I always leave work on time and/or don't work more than 45 hrs per week.

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

9. I spend time daily identifying what I am grateful for.

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

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10. I often express my thankfulness to others.

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

11. I am often told I am very personable and I have an “easy presence.”

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

12. I intentionally make time for the things I enjoy outside of work.

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

13. I always take time to connect with people no matter how busy I am.

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

14. I have hobbies I enjoy outside of work.

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

15. I do activities just for fun that do not require achievement or being productive.

1 Very Unlike Me

2 Unlike Me

3 Neutral

4 Like Me

5 Very Much Like Me

Answer Key

Calculate your total score from the questions above and find the corresponding category.

Score: 55-75 Joyful Master

You are aware of what you enjoy and where you can find joy in life. You create the space for what you enjoy and have boundaries to hold that space. You have an intentional practice to create more mental space for joy as well, which allows you to be more present and aware. The good in life does not escape you, and you find ways to experience the good as often as possible. Notice if others are near burnout around you and offer your time to connect and support. That moment of connection might be a moment of enjoyment for you both.

Score: 34-54 Balancing Joy and Productivity

You understand and value enjoyment in life but struggle with competing values of achievement and productivity. To address these competing values, first, create a list of the things you enjoy most. Second, identify the moments in life when your values are competing for your time. For example, you might value family time but also value getting your work done on time. If you have to choose between two values, decide when you will give the other value your time. Create a habit of asking yourself, "If not now, when?". Craft a plan for when and build the activities you enjoy into your life. Consider starting a [mindfulness](#) or [gratitude](#) practice to create more space in the mind to notice the good and experience the joy that results.

Score: 15-33 Creating Space

It is easy to get caught up in the "productivity machine." If we do not create space for the things we enjoy, we can set ourselves up for burnout. To create more space for joy in life, make a list of things that make you laugh or bring you joy that you can do in two minutes or less. Some examples are looking at old photos, connecting with someone at work, or watching a funny pet video. This is a great way to start integrating joy into your everyday life.

Answer Key

This assessment measured five attributes that can help you lead with productivity and joy.

Gratitude (Questions 3, 9 & 10): I often focus on the good things at work. I spend time daily identifying what I am grateful for. I often express my thankfulness to others.

Mindfulness (Questions 1, 4 & 6): I am often told I am calm and present. I very rarely feel frenzied or rushed. I am always able to notice the little things that are positive or bring me joy.

Joy-Awareness (Questions 2, 7 & 14): I am fully aware of what brings me joy in life. I often laugh throughout the day. I engage in hobbies I enjoy outside of work.

Boundaries (Questions 8, 12 & 15): I always leave work on time and don't work more than 45 hours per week. I intentionally make time for the things I enjoy outside of work. I have activities I do just for fun that do not require achievement or being productive.

Relationships (Questions 5, 11 & 13): I always get to know the people I work with on a personal level. I am often told I am very personable and easy to talk to. I always take time to connect with people no matter how busy I am.