

Work Task Energy Assessment

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Instructions: Select a task you enjoy doing at work or on the job. Read each statement. If it definitely applies to the task you are evaluating, circle the numerical value in the right hand column. (Complete a second assessment based on a task you greatly dislike doing.)

Pre-Task			Intra-Task		Post-Task	
I dread doing this task because I sense it will drain my energy.		3	I would stop doing this task right now if that was an option.	3	I was relieved when the task was finally finished.	3
I try to delegate the task or get someone else to do it.		3	Time seems to drag as I do this task and my energy is flagging.	3	I went to bed early or just zoned out because of fatigue.	3
I procrastinate doing the task or reschedule it several times.		3	I look for excuses to stop doing this task or to trade it for a different task.	3	I dread having to complete a similar task in the future.	3
I try to think up a plausible excuse to avoid doing the task altogether.		3	I often become irritable from boredom or irritation or fatigue.	3	I wonder how I can jump-start my flagging energy due to that task.	3
Do I feel neutral about the task, neither negative nor positive?		2	I enjoy some aspects of the task but truly dislike others.	2	I think the task was not awful but not great, either.	2
I expect the task to be easy but don't enjoy spending time doing it.		2	I can do the task well even though it isn't really rewarding or enjoyable.	2	I did the task automatically because I've done it for so long.	2
I look forward to working with a coworker rather than the task itself.		2	I list the benefits for doing the task to help validate my need to finish it.	2	I wish coworkers had been present to help alleviate my boredom.	2
I am okay with doing to the task as long as episodes are infrequent.		2	I find parts of the task stimulating and consider it energy neutral.	2	I applaud my choice to do the task because of its benefits.	2
I look forward to the task with anticipation.		1	I feel excited or even energized within minutes of beginning the task.	1	I recall the task with pleasure and a sense of pride or accomplishment.	1
I am willing to rearrange my schedule to work on the task.		1	I rarely check my watch because time seems to pass quickly during this task.	1	I'd be willing to do that task again even when not required to do so.	1
I look forward to the task and/or to doing it with a coworker.		1	I try to find ways to prolong working on the task as compared with others.	1	I was almost as energetic after the task as I was at the beginning.	1
I would willingly give up another task in order to do this one.		1	I would be glad if more of my tasks were like this one.	1	I anticipate working on a similar task in the future—with pleasure.	1
Total Points			Total Points		Total Points	