

Questions	Score				
Physical and mental health	Fully disagree	disagree	neutral	agree	Fully disagree
I feel energized after waking up	1	2	3	4	5
I can motivate myself well to do things	1	2	3	4	5
I am capable of setting my boundaries	1	2	3	4	5
I have a lack of concentration on a regular base	5	4	3	2	1
I have physical pains and problems	5	4	3	2	1
Total Physical and Mental health (max 25 min 5)					
Work	Fully disagree	disagree	neutral	agree	Fully disagree
I get constructive feedback on a regular base	1	2	3	4	5
I can work on my personal development in my job	1	2	3	4	5
I feel my tasks are purposeful	1	2	3	4	5
I can complete my tasks in the time given	1	2	3	4	5
I am happy with the relationship with my (direct) colleagues	1	2	3	4	5
Total Work (max 25 min 5)					
Relations	Fully disagree	disagree	neutral	agree	Fully disagree
I am enjoyable company	1	2	3	4	5
I think positively about other people	1	2	3	4	5
My communication is effective	1	2	3	4	5
I experience more often and more serious conflicts	5	4	3	2	1
I have sufficient time to spend with my partner and family	1	2	3	4	5
Total Relations (max 25 min 5)					

Free time	Fully disagree	disagree	neutral	agree	Fully disagree
I have sufficient energy for my private activities	1	2	3	4	5
In my free time I play sports	1	2	3	4	5
I have sufficient hobby's	1	2	3	4	5
I like going out with friends	1	2	3	4	5
I can enjoy a day out or a holiday	1	2	3	4	5
Total Free time (max 25 min 5)					
Purposelessness /Doing nothing	Fully disagree	disagree	neutral	agree	Fully disagree
At times I allow myself to do nothing	1	2	3	4	5
I relax sufficiently by doing nothing	1	2	3	4	5
I take sufficient time to fully relax, mentally and physically	1	2	3	4	5
I can enjoy the fact that I have nothing to accomplish	1	2	3	4	5
Total Purposelessness (max 20 min 4)					
Total score (all five areas)					