

Well-Being Survey #1 - Beginner

Please complete the following survey by circling the most appropriate provided answer. Feel free to share any details on the back of this page. Thank you for your honest feedback!

1. I feel emotionally strong and resilient.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

2. I am in a comfortable environment (work and home).

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

3. I am intellectually stimulated by my work and non-work activities.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

4. I am content with where I am in my career.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

5. I balance work with play and other aspects of my life.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

6. I generally feel very good about my health.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree



7. I get enough sleep and feel vibrant throughout the day.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

8. I am able to maintain healthy relationships with my friends and loved ones.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

9. I have found a balance between meeting my needs and those of others.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

10. How can our organization contribute positively to the health and wellness of our people?

Comments: _____

Well-Being Survey #2 - Advanced

Please complete the following survey by circling the most appropriate provided answer. Feel free to share any details on the back of this page. Thank you for your honest feedback!

1. I love and accept myself for who I am.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

2. I recognize the impact of my actions on my work and home environment.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

3. I feel capable of making important decisions.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

4. I get personal satisfaction and enrichment from work.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

5. I maintain healthy eating habits and move my body at least three times a week (non-work-related movements like going to the gym or taking a walk).

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

6. I have someone I can talk to about my private feelings.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree



7. I experience love, joy, and fulfillment.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

8. I feel a sense of belonging to a group or community.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

9. I take time to think about what's important in life – who I am, what I value, where I fit in, and where I am going.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

10. If I could change one thing in my life to improve my well-being, what would it be?

Comments: _____

Well-Being Survey #3 – Burnout Risk

Please complete the following survey by circling the most appropriate provided answer. Feel free to share any details on the back of this page. Thank you for your honest feedback!

1. Most days I feel burned out.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

2. I have negative thoughts about my job.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

3. I feel misunderstood or unappreciated by my co-workers.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

4. I feel that I am not getting what I want out of my job.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

5. I am easily irritated by small problems, or by my co-workers and team.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

6. I often feel emotionally drained.

Strongly Agree Agree Somewhat Agree Disagree Strongly Disagree

7. The following things are **going well** for me.

Comments: _____

8. The following things are **not going well** for me.

Comments: _____

9. I would like to see our practice support the company culture and team well-being in the following ways.

Comments: _____
