

Questions

- The following items is repeated for the trait of valued, anxious, stressed, disorganized, mistreated, exhausted, happy, informed, empowered, and productive.

Emotional Culture Index

Feeling

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Valued

A feeling that typically arises over time from others recognizing the contribution you make and involving you in things other than those directly related to your role. For example, being given challenges to tackle, or being asked for your opinion on issues.

Reflecting back on the **last three months** at your workplace, please indicate:

- Current State** - How often you've felt this feeling at work;
- Expected State** - How often you think it's fair and reasonable to experience this feeling at work given the nature and context of your workplace, and
- Ideal State** - Ideally how often you think you should experience this feeling in your workplace in order for you to be effective.

Current State:

Please choose an option



Expected State:

Please choose an option



Ideal State:

Please choose an option



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- Describe the feeling that is the most helpful to you and tell us what causes you to experience this at work.
- Describe the feeling that is most unhelpful to you and tell us what causes you to experience this at work.