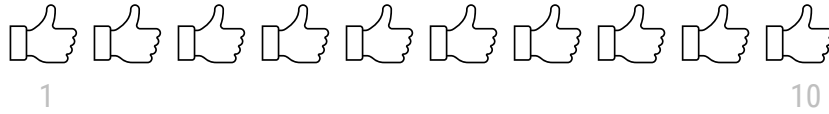
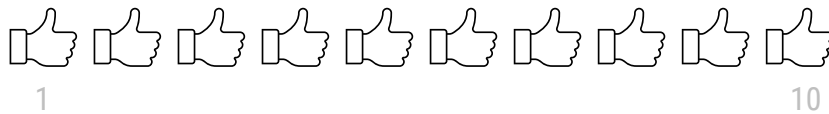


SELF ASSESSMENT QUIZ

1. First, how would you rate your happiness in your private life?



2. And how would you rate your happiness in your professional life?



My quick tip!

Time for you to make a self-reflection:

Are the scores different?

- If yes:

where does this difference come from?

- Can you identify specific reasons in each area which have the main influence on your score?



SELF ASSESSMENT QUIZ

Once you are done reflecting,
let's define your own drivers of happiness at work.

Answer the following questions with keywords or short sentences.

3. What do you **value the most in the workplace?**

I value ...

4. What **motivates you at work?**

I feel so good at work when...

5. What would you **need at the moment to be just a bit happier at work?**

I would need more of...

6. Think about a **specific moment when you were happy at work
what did you have?**

The last time I felt so happy at work was when

SELF ASSESSMENT QUIZ

Now, reflect on your previous answers.

**It will help you to define:
your main drivers of happiness at work.**

*For example,
some of my drivers are:*

*Being challenged - Impactful job
Recognition - Autonomy
Family feelings*

What are yours?
Try to write down **at least 3 of your drivers.**

- 1.
- 2.
- 3.
- 4.
- 5.