The following 17 statements are about how you feel at work. Please read each statement carefully and decide if you ever feel this way about your job. If you have never had this feeling, cross the ‘0’ (zero) in the space after the statement. If you have had this feeling, indicate how often you feel it by crossing the number (from 1 to 6) that best describes how frequently you feel that way.

<table>
<thead>
<tr>
<th></th>
<th>Almost never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>A few times a year or less</td>
<td>Once a month or less</td>
<td>A few times a month</td>
<td>Once a week</td>
<td>A few times a week</td>
<td>Every day</td>
</tr>
</tbody>
</table>

1. _______ At my work, I feel bursting with energy* (*VII*)
2. _______ I find the work that I do full of meaning and purpose (*DE1*)
3. _______ Time flies when I’m working (*AB1*)
4. _______ At my job, I feel strong and vigorous (*VII*)
5. _______ I am enthusiastic about my job (*DE2*)
6. _______ When I am working, I forget everything else around me (*AB2*)
7. _______ My job inspires me (*DE3*)
8. _______ When I get up in the morning, I feel like going to work (*VII*)
9. _______ I feel happy when I am working intensely (*AB3*)
10. _______ I am proud on the work that I do (*DE4*)
11. _______ I am immersed in my work (*AB4*)
12. _______ I can continue working for very long periods at a time (*VII*)
13. _______ To me, my job is challenging (*DE5*)
14. _______ I get carried away when I’m working (*AB5*)
15. _______ At my job, I am very resilient, mentally (*VII*)
16. _______ It is difficult to detach myself from my job (*AB6*)
17. _______ At my work I always persevere, even when things do not go well (*VII*)

* Shortened version (UWES-9); VI= vigor; DE = dedication; AB = absorption