



The Enjoyment Assessment Quiz

So there you have it—an overall guide to putting more fun in your work—and in your life as well. Let’s quickly recap the four key ideas presented in this book:

1. The first step is to *improve your attitude*, so you feel more upbeat and happy in general. By understanding the secrets of being happy, such as showing appreciation, building on your strengths, and using positive language, you can bring that outlook into the workplace. And that will not only help you feel more cheerful, but it will inspire others to feel better about being and working with you.

2. You also need to *overcome any personal barriers to enjoyment*, such as quieting your inner critical voice and being able to let out your inner kid, so you feel free to let go and enjoy. It also helps to assess where you are now, as well as keep an enjoyment journal to chart your progress.

3. The core concept of this book is to *learn to enjoy your work*. One key to enjoying your work now is finding ways to make even routine work more interesting. That way, whether you

want to do the work or not, it becomes more fun. Plus, there are all sorts of ways to liven up your workplace with others. While management often takes the lead in introducing fun workplace activities to increase morale, teamwork, and productivity, such as dress-up days and holiday celebrations, you can take the initiative in many cases to introduce ideas to your co-workers and plan activities and events.

4. Finally, there are all kinds of ways to *expand your fun horizons* on and off the job, such as trying new activities and events you have never done before and applying assorted awareness, perception, and enjoyment techniques to enhance everyday activities. Still other techniques can help you find fun things to do on downtime, such as when you are driving or flying somewhere, or simply waiting for something to happen.

This book has provided a compendium of techniques you can use, whether you read the book straight through from chapter to chapter or dip around to pick out the chapters and techniques that most interest you.

Taking the Enjoyment Assessment Quiz

So how high is your own Enjoyment Quotient? Here's a short quiz you can take now to show you how you rate. Then try again later, after you have had some time to practice some of these techniques, and your Enjoyment Quotient should increase even more.

The 25 questions are based on the major topics covered in *ENJOY! 101 Little Ways to Add Fun to Your Work Every Day*. Rate how well you think you do in each area; then total your score.

To determine your score, answer the following questions honestly, and answer every question. If you aren't sure, it is usually best to go with your initial response.

The higher your score, the more you enjoy your work and your workplace, as well as other things in your life (since there is a high correlation between enjoying your work and what's happening in your life).

Here's the quiz. Rate yourself from 0 to 5 on each question, then add up the totals. See the scoring key at the end to see how well you have done.

Your Attitude

- ___ 1. I usually have an upbeat, cheerful, positive attitude.
- ___ 2. I am normally optimistic that things will go well.
- ___ 3. I like to be proactive and take the initiative to get things I want to get.
- ___ 4. I usually feel very secure and confident about myself and what I do.
- ___ 5. I like being altruistic and helping others.
- ___ 6. I appreciate myself and I don't let the criticisms of others get to me.
- ___ 7. I feel I have made the right career choice for me.

Your Ability to Overcome Any Barriers to Enjoyment

- ___ 8. I don't feel I have any barriers to enjoyment.
- ___ 9. I don't have an inner critical voice that keeps me from doing what I want to do.
- ___ 10. I feel I am in touch with my inner kid.
- ___ 11. I feel comfortable relaxing and letting go.
- ___ 12. I can easily use my imagination and powers of visualization.
- ___ 13. I don't have many worries.

Your Level of Fun at Work

- ___ 14. I really like the work I am doing now.
- ___ 15. I really like the people I am working with.
- ___ 16. Even when my work is routine, I find ways to make it interesting.
- ___ 17. I have created an attractive, enjoyable workspace around me.
- ___ 18. I do fun things during lunch or work breaks.
- ___ 19. Our workplace has fun activities, events, and celebrations.

Your Fun Horizons On and Off the Job

- ___ 20. I enjoy trying out new activities and events.
- ___ 21. I'm involved in a wide variety of fun activities off the job.
- ___ 22. I have an active imagination I can use in imagining a variety of fun activities.
- ___ 23. I don't often get bored.
- ___ 24. I can easily find ways to amuse myself, no matter what I am doing.
- ___ 25. I'm good at brainstorming and coming up with new ideas for things to do on and off the job.
- ___ TOTAL SCORE

The Rating System

Think of this like a “Fun-O-Meter” that you use to rate how much you enjoy or are having fun at work. It’s a guide to how

well you are doing now. Then, use the results to help you increase your “Enjoyment Quotient” score by improving where you are weak, so you have even more fun.

- 90+** = You are definitely a lot of fun and great to work with. Have you considered the comedy stand-up circuit?
- 80–89** = You are usually full of fun and a fun person to be around. Keep up the good cheer.
- 70–79** = You may encounter some bumps along the way to having fun, but you can usually turn things around, so things are mostly fun.
- 60–69** = Uh-oh. Things are sometimes not so good. Consider ways to improve your ability to have fun.
- 40–59** = You’ve got to find some ways to bring more fun into your life. You need a fun fix now, before things get any worse.
- 0–39** = Your FUNdamentals are way off. You need to quickly add some fun to your life and add some good FUNdations, or watch out. Your FUN house is on its way to an early collapse.

