## Work & Well-being Survey (UWES) $\ensuremath{\mathbb{O}}$

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.

	Almost never	Rarely	Sometimes	Often	Very often	Always	
0	1	2	3	4	5	6	
Never	A few times a year or less	Once a month or less	A few times a month	Once a week	A few times a week	Every day	
1	At my work, I feel bursting with energy						
2	I find the work that I do full of meaning and purpose						
3.	Time flies wh	_ Time flies when I'm working					
4.	At my job, I fo	_ At my job, I feel strong and vigorous					
5	I am enthusias	_ I am enthusiastic about my job					
6	When I am wo	When I am working, I forget everything else around me					
7	My job inspir	My job inspires me					
8.	When I get up	When I get up in the morning, I feel like going to work					
9	I feel happy w	I feel happy when I am working intensely					
10.	I am proud of	I am proud of the work that I do					
11	I am immerse	_ I am immersed in my work					
12.	I can continue	I can continue working for very long periods at a time					
13.	To me, my jol	To me, my job is challenging					
14.	_ I get carried away when I'm working						
15.	_ At my job, I am very resilient, mentally						
16.	_ It is difficult to detach myself from my job						
17.	At my work I always persevere, even when things do not go well						

<sup>©</sup> Schaufeli & Bakker (2003). The Utrecht Work Engagement Scale is free for use for non-commercial scientific research. Commercial and/or non-scientific use is prohibited, unless previous written permission is granted by the authors