

## 2. LIFESTYLE STRESS AND SATISFACTION FORM

### Guidelines for Completing Worksheet

1. Please estimate, in %, how your total time at work is spent on the four categories based on the definitions given below.
2. Please list four tasks that you do, or services that you perform, one in each of the four categories, based on the examples listed below.

**a    EXCITEMENT**

Tasks or services which you find most rewarding (really gets the adrenaline flowing!)

Example: Making a successful presentation.

**b    COMFORT**

Low-key tasks or services which you find enjoyable.

Example: Reading my favourite professional journal.

**c    DISCOMFORT**

Difficult tasks or services that you would like to avoid.

Example: Firing an employee.

**d    BOREDOM**

Repetitious tasks or services that lack appeal

Example: Making photocopies.