

# Thriving Index Questionnaire (TI) - Sample Assessment

## Instructions:

For each statement, choose the response that best reflects your experience and work style. Use the following scale:

- 1 - Strongly Disagree
  - 2 - Disagree
  - 3 - Neutral
  - 4 - Agree
  - 5 - Strongly Agree
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## Section 1: Work Orientation & Motivation

1. I feel the most satisfied at work when I am learning new skills and solving complex problems.

1  2  3  4  5

2. I am motivated by achieving recognition, financial rewards, and career advancement.

1  2  3  4  5

3. I prefer work that allows me to contribute to a greater cause or positively impact others.

1  2  3  4  5

### Scoring Guide:

- High scores (4-5) on Q1 suggest an **intrinsically motivated** individual.
  - High scores (4-5) on Q2 indicate an **extrinsically driven** professional.
  - High scores (4-5) on Q3 show an **altruistic work orientation**.
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## Section 2: Adaptability & Resilience

4. I remain calm and find solutions when faced with unexpected changes or challenges at work.

1  2  3  4  5

**5. I actively seek feedback and adjust my approach based on constructive criticism.**

1  2  3  4  5

**6. When a project doesn't go as planned, I quickly recover and shift my focus to the next steps.**

1  2  3  4  5

**Scoring Guide:**

- **High scores (4-5)** indicate **strong adaptability and resilience**, essential for leadership and fast-changing environments.
  - **Low scores (1-2)** may suggest a need for **stress management and flexibility training**.
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### **Section 3: Leadership & Decision-Making**

**7. I take initiative in situations where leadership is needed, even if it is not my formal role.**

1  2  3  4  5

**8. I enjoy mentoring and supporting my colleagues in their professional growth.**

1  2  3  4  5

**9. I prefer making data-driven decisions rather than relying solely on intuition or experience.**

1  2  3  4  5

**Scoring Guide:**

- **High scores on Q7-Q9** suggest **strong leadership potential and analytical skills**.
  - **Lower scores** may indicate a preference for **structured guidance rather than independent leadership**.
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### **Section 4: Work-Life Integration & Well-Being**

**10. I maintain a healthy balance between work demands and personal well-being.**

1  2  3  4  5

**Scoring Guide:**

- **High scores (4-5)** reflect **effective time management and well-being awareness**.
- **Low scores (1-2)** may indicate **burnout risk and the need for work-life adjustments**.

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## Interpreting Your TI Score

Category	Score Range	Interpretation
<b>Thriving (40-50)</b>	You are <b>highly engaged</b> , adaptive, and aligned with your work environment.	
<b>Moderate (25-39)</b>	You have a <b>balanced approach</b> to work, but some areas may need development.	
<b>Struggling (10-24)</b>	Your current work situation may <b>not align</b> with your strengths, and adjustments are needed.	

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### Next Steps: