

WORKPLACE PRESENCE & PURPOSE INVENTORY

The purpose of this survey is to measure how present you have been at work lately (mindful vs. absentminded) as well as your sense of purpose (greater meaning vs. everyday meaning). This inventory consists of 30 statements about your recent experiences and you are asked to rate how frequently or infrequently you have had these experiences. Please answer according to what really reflects your experiences, rather than what you think your experiences should be. Please treat each item separately from every other item.

Rate each statement	Almost Always	Very Frequently	Somewhat Frequently	Somewhat Infrequently	Very Infrequently	Almost Never
1. I go about my daily activities as if I am on "autopilot", without being fully mindful (i.e. aware of what I am doing in the moment).	1	2	3	4	5	6
2. I focus on performance over purpose.	1	2	3	4	5	6
3. I fail to notice physical discomfort until it really grabs my attention.	1	2	3	4	5	6
4. I value getting things done over finding deeper purpose (i.e. meaning) in what I am doing.	1	2	3	4	5	6
5. I make basic mistakes because of carelessness, not paying attention, or thinking of something else.	1	2	3	4	5	6
6. I get so busy that I forget to stop and appreciate life.	1	2	3	4	5	6
7. I find it difficult to stay focused on the present moment during meetings.	1	2	3	4	5	6
8. I ask myself "How many tasks can I accomplish before the day is through?"	1	2	3	4	5	6
9. I walk quickly to get where I'm going without paying attention to what I am experiencing along the way.	1	2	3	4	5	6
10. I believe that completing my work takes priority over finding deeper meaning at work.	1	2	3	4	5	6
11. I get so preoccupied with the results of work that I lose touch with what I am doing in the moment.	1	2	3	4	5	6
12. I view my colleagues as fellow workers rather than fellow human beings.	1	2	3	4	5	6
13. I find myself listening to a coworker with one ear, and doing something else at the same time.	1	2	3	4	5	6
14. I find greater satisfaction in career success than I do in being alive and well.	1	2	3	4	5	6
15. I rush through activities without being paying close attention to them.	1	2	3	4	5	6

16. I put job responsibilities above caring for myself and others.	1	2	3	4	5	6
17. I fail to notice how I am feeling when speaking with a coworker.	1	2	3	4	5	6
18. I forget that we only have one life to live.	1	2	3	4	5	6
19. I forget people's names almost as soon as we have been introduced.	1	2	3	4	5	6
20. I think more about what I do in the workplace more than why I exist in the world.	1	2	3	4	5	6
21. I complete tasks automatically, without being aware of what I'm doing.	1	2	3	4	5	6
22. I would rather think about my value to the organization than my value to the world.	1	2	3	4	5	6
23. I become lost in thought while eating my lunch.	1	2	3	4	5	6
24. I judge my days by how much work I finish.	1	2	3	4	5	6
25. I find myself preoccupied with the future or the past.	1	2	3	4	5	6
26. I find myself preoccupied with making sure others complete their work rather than helping them find deeper meaning in their work.	1	2	3	4	5	6
27. I find my mind wandering as if "by itself" when working.	1	2	3	4	5	6
28. I would rather help others succeed in their tasks rather than find deeper meaning at work.	1	2	3	4	5	6
29. I commute to and from work on "auto-pilot" without remembering what most of the trip was like.	1	2	3	4	5	6
30. I go through my day as if I will live forever.	1	2	3	4	5	6

Calculate and Plot Your Scores

PRESENCE SCORE: _____

To calculate, add up your scores for all odd numbered questions.

PURPOSE SCORE: _____

To calculate, add up your scores for all even numbered questions.

