

ROLE WELLBEING TRACKER

Name:

Start Date:

Mark the circle on the chart that best fits your experience in this role

I feel supported to do my work well as a _____

Not at all supported	A little supported	Moderately supported	Very supported	Extremely supported	<div><div>4</div><div>3</div><div>2</div><div>1</div><div>0</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div></div></div>
0	1	2	3	4	

I enjoy being a _____.

Not at all enjoyable	A little enjoyable	Moderately enjoyable	Very enjoyable	Extremely enjoyable	<div><div>4</div><div>3</div><div>2</div><div>1</div><div>0</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div></div></div>
0	1	2	3	4	

Good

Think about ways to improve your score.

Very Low

8

7

6

5

4

3

2

1

0

1

2

3

4

5

6

7

8

9

10

11

12

Month →

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