

SATISFACTION INDEX:

Keep an eye on your standards in order to improve your satisfaction!

1. Complete in writing : “I have worked well today because...»

Make a list of the indices that determine that you have worked well, that you are pleased and satisfied by your workday.

This list only concerns you and not the criteria typically used by your management to evaluate the quality of your work.

2. Look at your list

Which indices depend solely on the quality of your work?

And which are more affected by factors that are independent of yourself?

In the satisfaction obtained from your work, do you take account of the available means and the real non-ideal conditions of your job?

How high is the standard for you to be satisfied? Is it reasonable?

Which are the indicators that are linked to your well-being (for example : leaving work on time, having enjoyed yourself at work, having a good laugh with your colleagues, etc.)?

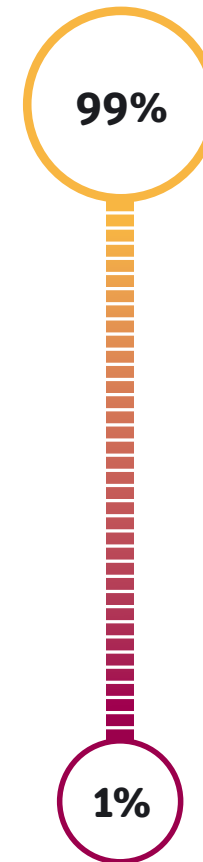
Looking after yourself and being efficient at work ; does that seem compatible to you ?

THE **PERFECTIONIST'S** SCALE OF STANDARDS



The perfectionist's evaluation scale as only two grades: zero or 100%: the task is either 100% completed or it's not done at all.

THE **REALIST'S** SCALE OF STANDARDS



Being a realist means being able to take into account the intermediate positions: all degrees between 1 and 99%.