**Uxwebhu lwemibuzo yokuthotha kokusebenza nokuba nemveliso:
iMpilo Ngokubanzi, V2.0 (WPAI:GH)**

Le mibuzo ilandelayo ibuza ngendlela iingxaki zempilo yakho ezichaphazela ngayo ukukwazi kwakho ukwenza imisebenzi yemihla ngemihla. Ngeengxaki zempilo sithetha nayiphi na ingxaki okanye uphawu lomzimba okanye lomphefumlo. *Nceda uzalise izikhewu okanye ubiyele ngesangqa inani njengoko kubonisiwe.*

1. Ingaba uyaphangela (uphangelela umvuzo)? \_\_\_\_\_ HAYI \_\_\_\_\_ EWE

 *Xa inguHAYI, phawula uHAYI uze utsibe uye kumbuzo wesi-6.*

Le mibuzo ilandelayo imalunga **neentsuku ezisixhenxe ezidlulileyo** ngaphandle kwanamhlanje.

2. Kwezi ntsuku zisixhenxe zidlulileyo uphose iiyure ezingaphi emsebenzini ngenxa yeengxaki ezayamene neengxaki zempilo yakho? *Quka iiyure oziphose ngeentsuku zokugula, amatyeli ofike ngawo emva kwexesha, ohambe ngawo ngaphambi kwexesha, njl njl, ngenxa yeengxaki zempilo yakho. Ungaliquki ixesha elilahleke ngethuba uthabatha inxaxheba kolu phando.*

 \_\_\_\_\_ IIYURE

3. Kwezi ntsuku zisixhenxe zidlulileyo, uphose iiyure ezingaphi emsebenzini ngenxa yaso nasiphi na esinye isizathu, njengekhefu, iiholide, ixesha olithabathe ukuze ube yinxalenye yolu phando?

 \_\_\_\_\_ IIYURE

4. Kwezi ntsuku zisixhenxe zidlulileyo, eneneni usebenze iiyure ezingaphi?

 \_\_\_\_\_ IIYURE *(ukuba ngu “0”, tsiba uye kumbuzo 6)*

5. Kwezi ntsuku zisixhenxe zidlulileyo, iingxaki zempilo yakho zikuchaphazele kangakanani ukubanakho ukuba nemveliso kwakho lo gama ubusebenza?

Cinga iintsuku apho ubungakanani okanye uhlobo lomsebenzi onokuwenza ubunyiniwe, iintsuku apho uphumeze ngaphantsi kunoko ubukufuna, okanye iintsuku apho ungakwazanga ukwenza umsebenzi wakho ngononophelo ngokwesiqhelo. Ukuba iingxaki zempilo ziwuchaphazele nje kancinane umsebenzi wakho, khetha inani eliphantsi. Khetha inani eliphezulu xa iingxaki zempilo ziwuchaphazele kanobom umsebenzi wakho.

Cinga kuphela ngendlela iingxaki zempilo ezikuchaphazele
ngayo ukubanakho kwakho ukuba nemveliso lo gama ubusebenza.

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| Iingxaki zempilo khange zibe nafuthe emsebenzini wam |  |  |  |  |  |  |  |  |  |  |  | Iingxaki zempilo zindithintele ngokupheleleyo ekusebenzeni |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

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6. Kwezi ntsuku zisixhenxe zidlulileyo, iingxaki zempilo zikuchaphazele kangakanani ukukwazi kwakho ukwenza imisebenzi yakho yemihla ngemihla ngaphandle kwaleyo yempangelo?

*Ngemisebenzi yemihla ngemihla sithetha imisebenzi eqhelekileyo oyenzayo njengomsebenzi wasekhaya, ukuyokuthenga, ukukhathalela abantwana, ukuthamba, ukufunda, njl njl. Cinga amaxesha apho ubunyiniwe kubungakanani okanye uhlobo lwemisebenzi onokuyenza kwakunye namaxesha apho uphumeze ngaphantsi kunoko ubufuna. Ukuba iingxaki zempilo ziyichaphazele nje kancinane imisebenzi yakho, khetha inani eliphantsi. Khetha inani eliphezulu xa iingxaki zempilo ziyichaphazele kanobom imisebenzi yakho.*

Cinga kuphela ngendlela iingxaki zempilo ezikuchaphazele
ngayo ukukwazi kwakho ukwenza imisebenzi yakho yemihla ngemihla
ngaphandle kwaleyo yempangelo.

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| Iingxaki zempilo khange zibe nafuthe kwimisebenzi yam yemihla ngemihla |  |  |  |  |  |  |  |  |  |  |  | Iingxaki zempilo zindithintele ngokupheleleyo ekwenzeni imisebenzi yam yemihla ngemihla |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

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Reilly MC, Zbrozek AS, Dukes EM. The validity and reproducibility of a work productivity and activity impairment instrument. Pharmacoeconomics. 1993 Nov;4(5):353-65.