

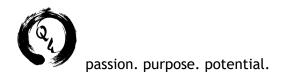
ENERGY AUDIT

☐ I don't regularly get at least seven to eight hours of sleep, and I often wake up feeling tired.

Check the statements below that are true for YOU.

В	0	d	ν

	I don't take regular breaks during the day to truly renew and recharge. Or, I often eat lunch at my desk, if I eat it at all.
Emo	tions
	I frequently find myself feeling irritable, impatient, or anxious, especially when work is demanding.
	I don't stop frequently enough to express my gratitude to others or to savor my accomplishments.
Mino	
	I have difficulty focusing on one thing at a time, and I am easily distracted during the day, especially by technology.
	, , , ,
	I find I'm often thinking about the next thing, then the next thing. My mind's confusing to me.
Spiri	t e e e e e e e e e e e e e e e e e e e
	I don't spend enough time doing what I do best and enjoy most.
	There are significant gaps between what I say is most important to me in my life and how I allocate my time and energy.



ENERGY AUDIT SELF-SCORING

How's v	vour overall	energy? 1	Tally the total	number of	f statements checke	ed:

Guide to Overall Score

- 0–5: Excellent energy management skills
- 6–10: Reasonable energy management skills
- 11–15: Poor energy management skills
- 16–20: Full-fledged energy management crisis/burn out risk

How do you want to shift your energies?

Number of checks in each category: Body Emotions Mind Spirit	Number	of checks in e	ach category: B	odv E	Emotions	Mind	Spirit
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Guide to Category Scores

- 0: Excellent energy management skills
- 1: Strong energy management skills
- 2: Significant deficits
- 3: Poor energy management skills
- 4: Full-fledged energy crisis