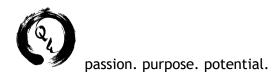


Be the Leader People Crave - Module 2

Are You Heading for an Energy Crisis? Head it Off!

Check	the statements below that are true for YOU.	
0	I don't regularly get at least seven to eight hours of sleep, and I often wake up feeling tired. I frequently skip breakfast, or I settle for something that isn't nutritious. I don't work out enough (cardio training at least 3x/week & strength training at least 1x/week). 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. I don't actually pay attention to my body much at all, except when I'm not feeling well.	
EMOTIONS		
_ 	I frequently find myself feeling irritable, impatient, or anxious at work, especially when work is demanding. I don't have enough time with my family and loved ones, and when I'm with them my thoughts are often on other things. I struggle at times to know what I'm actually feeling in any given situation. I have too little time for the activities that I most deeply enjoy. I don't stop frequently enough to express my appreciation to others or to savor my accomplishments and blessings.	
MIND		
_ 	I have difficulty focusing on one thing at a time, and I am easily distracted during the day, especially by e-mail. I spend much of my day reacting to immediate crises and demands rather than focusing on activities with longer-term value and high leverage. I find I'm often thinking about the next thing, then the next thing. My mind's confusing to me. I don't take enough time for reflection, strategizing, and creative thinking. I work in the evenings or on weekends, and I almost never take an e-mail-free vacation.	
SPIRIT		
	I don't spend enough time at work 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 actually allocate my time and energy. My decisions at work are more often influenced by external demands than by a strong, clear sense of my own purpose. I'd like to slow down enough to really 'listen' to what's most important, but I typically don't. I don't invest enough time and energy in making a positive difference to others or to the world.	



Self-Scoring
How is Your Overall Energy? Total number of statements checked:
Guide to Scoring
0-5: Excellent energy management skills 6-10: Reasonable energy management skills 11-15: Significant energy management deficits 16-20: Full-fledged energy management crisis
How do you want to shift your energies?
Number of checks in each category: Body Emotions Mind Spirit
Guide to Category Scores
 0: Excellent energy management skills 1: Strong energy management skills 2: Significant deficits 3: Poor energy management skills 4: A full-fledged energy crisis
My Reflections & Actions:
My Commitment to Myself Over the Next Month:
Who I'll share this with? By when?