



ENERGY AUDIT

Check the statements below that are true for YOU.

Body

- 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 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, 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 gratitude to others or to savor my accomplishments.

Mind

- I have difficulty focusing on one thing at a time, and I am easily distracted during the day, especially by technology.
- 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 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.
- 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 want to invest more time and energy in making a positive difference to others and the world.



ENERGY AUDIT SELF-SCORING

How's your overall energy? Tally the total number of statements checked: _____

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 _____

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