

TAKING STOCK

The Energy Audit™

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- PHYSICAL
1. I don't regularly get at least 7-8 hours of sleep and/or I often wake up feeling tired.
 2. I frequently skip breakfast, or I settle for something that isn't particularly healthy.
 3. I don't do cardiovascular training at least three times a week, and strength training at least twice a week.
 4. I don't take regular breaks during the day to renew and recharge.
 - _____ 5. I often eat lunch at my desk, if I eat lunch at all.

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- EMOTIONAL
6. I frequently find myself feeling irritable, impatient or anxious at work, especially when demand is high.
 7. I don't have enough time with my family and loved ones, and when I'm with them, I'm not always really with them.
 8. I take too little time for activities that I most deeply enjoy.
 9. I rarely stop to express my appreciation to others or to savor and celebrate my accomplishments and blessings.
 - _____ 10. I often feel that my life is just a relentless set of demands I'm expected to meet and tasks I have to complete.

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- MENTAL
11. I have difficulty focusing on one thing at a time, and I am easily distracted during the day, especially by email.
 12. I spend much of my time reacting to immediate demands rather than focusing on activities with longer-term value and leverage.
 13. I don't take enough time for reflection, strategizing and thinking creatively.
 14. I rarely have any time when my mind is quiet and free of thoughts.
 - _____ 15. I often work on evenings and weekends and/or I rarely take an email-free vacation.

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- HUMAN SPIRIT
16. I don't feel passionately committed to what I do.
 17. I spend too little time at work doing what I do best and enjoy most.
 18. There are significant gaps between what I say is important in my life and how I actually live.
 19. My decisions at work are often more influenced by external demands than by a strong, clear sense of my own purpose.
 - _____ 20. I don't invest enough time and energy in making a positive difference to others and/or in the world.

Total:

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Category Key: 5 – Full energy crisis, 4- Imminent energy crisis, 3-Significant energy crisis 2 – Moderate Energy, 1 Fully energized

Total Score Key: 17 – 20 Full out Energy Crisis, 13 – 16 Imminent energy crisis
9-12 Significant energy deficit, 5- 8 Moderate energy deficit, Below 5 Fully energized

What scores are you satisfied with?

Any areas that you wish to improve? Ideas on how to improve them?



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