

HOW IS YOUR ENERGY?

Please tick the statements below that are currently true for you in the last month.

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 exercise enough (meaning cardio-vascular exercise at least twice a 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.

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, I'm not always really with them.
- 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 savour 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 email or social media.
- 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 don't take enough time for reflection, strategizing, and creative thinking.
- I almost never take an email free holiday.

PURPOSE

- 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 important to me 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 don't invest enough time and energy in making a positive difference to others or to the world.

OVERALL

How is your overall energy?

Total number of statements ticked: ____

Guide to Scores

- 0-3 Excellent energy management skills.
- 4-6 Reasonable energy management skills
- 7-10 Significant energy management deficits
- 11-16 A full-fledged energy management crisis

CATEGORY SCORES

What do you need to work on?

Number of ticks in each category:

- Body _____
- Emotions _____
- Mind _____
- Purpose _____

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