



THE ENERGY AUDIT

PHYSICAL

HOW WOULD YOU RATE THE FOLLOWING ENERGY SOURCES IN YOUR LIFE ON A SCALE OF 1-10.

	POOR	1	4	3	4	5	6	7	8	9	EXCELLENT	10
REGULAR EXERCISE												
HEALTHY DIET												
QUALITY SLEEP												

REFLECTIONS

OF THE THREE SOURCES OF PHYSICAL ENERGY, WHICH ONE DO YOU WANT TO IMPROVE THE MOST?

WHAT WOULD BE A REALISTIC GOAL IN THIS ONE AREA?

WHAT DO YOU THINK MIGHT BE THE BIGGEST HINDRANCE IN IMPROVING IN THIS ONE AREA?

MENTAL & EMOTIONAL

WHICH OF THE FOLLOWING 12 ENERGY DRAINERS ARE PREVALENT IN YOUR WORK DAY.

- | | |
|--|--|
| <input type="checkbox"/> MULTITASKING | <input type="checkbox"/> WORKING THROUGH LUNCH |
| <input type="checkbox"/> CLUTTERED SPACES | <input type="checkbox"/> HIGH STRESS OR PRESSURE |
| <input type="checkbox"/> CONSTANT DISTRACTIONS | <input type="checkbox"/> WORKPLACE CONFLICT |
| <input type="checkbox"/> INEFFICIENT MISSION CONTROL | <input type="checkbox"/> NEGATIVE COWORKERS |
| <input type="checkbox"/> NOT TAKING BREAKS | <input type="checkbox"/> FEAR |
| <input type="checkbox"/> UNCLEAR PRIORITIES | <input type="checkbox"/> SUPPRESSED EMOTIONS |

HOW WOULD YOU RATE YOURSELF ON THE FOLLOWING REFUELING STRATEGIES?

	POOR	1	4	3	4	5	6	7	8	9	EXCELLENT	10
STRESS MANAGEMENT												
FUN IN YOUR LIFE												
TIME WITH FRIENDS												
MEDITATION OR MINDFULNESS												
BOUNDARIES WITH TOXIC PEOPLE												
TAKING BREAKS												
TIME OUTDOORS												
LEAVING WORK AT WORK												

OF THE 12 ENERGY DRAINERS LISTED, WHICH TWO ARE THE MOST IMPORTANT FOR YOU TO MINIMIZE?

1. _____
2. _____

WHAT COULD YOU DO TO BEGIN MINIMIZING THESE TWO ENERGY DRAINERS?

WHICH TWO RE-FUELING STRATEGIES WOULD YOU LIKE TO TAKE MORE ADVANTAGE OF?

- 1.
- 2.