

# The Energy Audit

Circle the answers with which you agree, and then add up the number of circled questions in each dimension.

## PHYSICAL

1. I get at least 7 hours of sleep
2. I am always conscious of what I eat and how it makes me feel
3. I do at least three cardiovascular and two strength-training workouts per week
4. I take regular breaks during my workday
5. I spend enough time fully disconnected from work

Category Score\_\_\_\_\_

## EMOTIONAL

1. I feel enthusiastic when I get to work
2. When I'm with my loved ones, I'm truly with them
3. I take enough time outside of work for the activities that I most deeply enjoy
4. I regularly express my appreciation to others
5. I stay calm and positive at work even when demand is high

Category Score\_\_\_\_\_

## MENTAL

1. I regularly focus on one thing at a time without getting distracted
2. I stick to the key priorities I set
3. I do the most important task as my first priority of the day
4. I take time during the day to intentionally quiet my mind
5. I set aside time for reflection each day

Category Score\_\_\_\_\_

## SPIRITUAL

1. I feel passionately committed to what I do
2. My decisions at work are more often influenced by my own sense of purpose than by external demands
3. I successfully balance taking care of others with taking care of myself
4. There is a close alignment between what I say is important in my life and how I actually live
5. I invest enough time and energy in making a positive difference in the world

Category Score\_\_\_\_\_

TOTAL SCORE\_\_\_\_\_

## OVERALL SCORE GUIDE

<u>Number</u>	<u>Percentage</u>	
17-20	85-100%	Fully Energized
13-16	65%-80%	Moderately Energized
9-12	45%-60%	Somewhat Energized
5-8	25%-40%	Fading
Below 5	Below 25%	Burned out

## CATEGORY SCORE

<u>Number</u>	<u>Percentage</u>	
5	100%	Fully Energized
4	80%	Moderately energized
3	60%	Somewhat energized
2	40%	Fading
0-1	0%-20%	Burned out