

Are you headed for an energy crisis?

Please check the statements below that are true for you.

Physical

- _____ 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 (meaning cardiovascular training at least three times a week and strength training at least once 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.

Emotional

- _____ 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 savor my accomplishments and blessings.

Mental

- _____ I have difficulty focusing on one thing at a time, and I am easily distracted during the day, especially by e-mail.
- _____ 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 work in the evenings or on weekends, and I almost never take an e-mail-free vacation.

Spiritual

- _____ 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 most important to me in my life and how I actually 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.

How is your overall energy?

Total number of statements checked: _____

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

What do you need to work on?

Number of checks in each category

Physical _____

Emotional _____

Mental _____

Spiritual _____

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