



## Personal Energy Assessment

*Adapted from The Energy Crisis Assessment by Tony Schwartz*

Please check the statements below that are true for you.

### Body (Renewal)

- I don't have an established daily routine and often feel like I'm "flying by the seat of my pants"
- I don't exercise on a regular basis/I don't exercise 3 or more times a week
- I don't take regular breaks during the day to truly renew and recharge
- I view downtime (rest, relaxing, quality sleep, etc.) as unproductive work that doesn't serve my work

### Emotions (Values)

- I frequently find myself feeling irritable, impatient, anxious or distracted when my work is demanding because of the urgencies of others and/or limited by external hurdles
- I frequently find myself feeling irritable, impatient, anxious or distracted when I feel like my core values are being compromised because of my work
- I have too little time for the activities that I enjoy and I don't spend as much time as I'd like with the people that I love
- I don't stop frequently enough to express my appreciation to others or to savor my accomplishments and blessing

### Mind (Focus)

- I have difficulty focusing on one thing at a time and I am easily distracted during the day, especially by e-mail, Voxel, interruptions, social media, etc.
- I spend much of my day reacting to immediate crises/demands and things I can't control rather than focusing on activities I can control that yield long-term value to my business
- I don't take enough time for reflection, creative thinking, strategizing, and goal-setting
- I don't set boundaries with my time- I often work in the evenings, weekends, and in the presence of my family

### Spirit (Meaning & 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 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:

Body/Renewal \_\_\_\_\_

Mind/Focus \_\_\_\_\_

Emotions/Values \_\_\_\_\_

Spirit/Meaning & 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

**What are 3 things you can begin doing or stop doing to boost your energy reserves?**

1.

2.

3.

**For more information about sustainable leadership and boosting your energy reserves or to learn more about the benefits of Intuitive Leadership Coaching, please reach out. I'm here to help!**

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