

Self Care

ARE YOU HEADED FOR AN ENERGY CRISIS?

at
**HER
BEST**

Please check the statements below that are true for you.

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 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.

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 savor 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 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.

Spirit

- 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.

1 Physical Health

The foundation of all other dimensions of energy, physical energy is comprised of sleep, fitness, nutrition, and intermittent daytime rest and renewal

2 Emotional Happiness

Emotional energy is about learning to cultivate the specific emotion associated with high performance, because how people feel profoundly influences how they perform

3 Mental Focus

Mental energy is about learning to focus in an absorbed way and switching intentionally between tactical and big picture thinking.

4 Spiritual Purpose

Spiritual energy is the energy derived from serving something larger than oneself

How is your overall energy?

TOTAL NUMBER OF STATEMENTS CHECKED: _____

GUIDE TO SCORES	GUIDE TO CATEGORY SCORES	WHAT DO YOU NEED TO WORK ON?
<p>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</p>	<p>0: Excellent energy management skills 1: Strong energy management skills 2: Significant deficits 3: Poor energy management skills 4: A full-fledged energy crisis</p>	<p>Number of checks in each category: Body _____ Mind _____ Emotions _____ Spirit _____</p>