

## Are you satisfying the four core energy needs that fuel great performance?

Find out how effectively you're managing your energy with this audit. Answer the 20 questions below.

### Section I

I don't regularly get at least 7–8 hours of sleep and/or I often wake up feeling tired.

True  False

I frequently skip breakfast, or I settle for something that isn't particularly healthy.

True  False

I don't do cardiovascular training at least three times a week, and strength training at least twice a week.

True  False

I don't take regular breaks during the day to renew and recharge.

True  False

I often eat lunch at my desk, if I eat lunch at all.

True  False

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### Section II

I frequently find myself feeling irritable, impatient or anxious at work, especially when demand is high.

True  False

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

True  False

I take too little time for the activities that I most deeply enjoy.

True  False

I rarely stop to express my appreciation to others or to savor and celebrate my accomplishments and blessings.

True  False

I often feel that my life is just a relentless set of demands I'm expected to meet and tasks I have to complete.

True  False

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### Section III

I have difficulty focusing on one thing at a time and I am easily distracted during the day, especially by email.

True  False

I spend much of my time reacting to immediate demands rather than focusing on activities with longer-term value and leverage.

True  False

I don't take enough time for reflection, strategizing and thinking creatively.

True  False

I rarely have any time when my mind is quiet and free of thoughts.

True  False

I often work on evenings and weekends and/or I rarely take an email-free vacation.

True  False

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#### Section 4

I don't feel passionately committed to what I do.

True  False

I spend too little time at work doing what I do best and enjoy most.

True  False

There are significant gaps between what I say is important in my life and how I actually live.

True  False

My decisions at work are often more influenced by external demands than by a strong, clear sense of my own purpose.

True  False

I don't invest enough time and energy in making a positive difference to others and/or in the world.

True  False

There are four types of energy that correspond to our four human needs. They are physical (sustainability), emotional (security), mental (self-expression) and spiritual (significance). Your specific category scores indicate the areas in which you might begin improve your energy. (0 is best, 5 is worst).

Give yourself one point for each 'true' answer.

Section 1 \_\_\_\_\_ Physical

Section 2 \_\_\_\_\_ Emotional

Section 3 \_\_\_\_\_ Mental

Section 4 \_\_\_\_\_ Spiritual

Total \_\_\_\_\_

17-20 Full out energy crisis  
13-16 Imminent energy crisis  
9-12 Significant energy deficit  
5-8 Moderate energy deficit  
Below 5 Fully energized

If your total score was 4 or less, congratulations - though there may be a few areas in which you can improve your energy, you are effectively firing on all cylinders. If your score was higher than you would have liked, however, you're scarcely alone. The average overall score among is a 10. In short, more than 50% of us are operating at a level that is significantly suboptimal.

It's possible to systematically build back your capacity in each of these areas, and thousands of our clients have done so with considerable success. Set aside some time to think about which one or two behaviors are most adversely influencing your energy levels. It may be best to start at the physical level, which is the foundation for all energy, and where it is easiest to make concrete changes. Setting even a single goal for yourself, defined by a specific behavior you do at a precise time on designated days can put you on the right path towards a fully energized, fully engaged life.