

Energy Quick Check



Even if you feel you do not have enough energy now--you *can* increase your “Energy Builders” and decrease your “Energy Robbers.” It's easy and starts with an assessment of your current energy strengths and weaknesses.

Assess your current energy strengths and weaknesses by checking ✓ Yes, Usually, No

Energy Quick Check Assessment

	Yes	Usually	No
I can clearly explain my business priorities and mission to others.	_____	_____	_____
I can say no when asked to do tasks that are clearly not a part of my business priorities.	_____	_____	_____
I can delegate tasks or ask for help when needed.	_____	_____	_____
I have supportive friends who help me deal <i>positively</i> with stress in my life.	_____	_____	_____
I know what I am good at and use my natural skills and abilities on a regular basis.	_____	_____	_____
I do not harbor feelings of anger, resentment or bitterness.	_____	_____	_____
My home and workspace is organized and I can find things easily.	_____	_____	_____
I have a “space” I can retreat to when needed that is peaceful, restful, and beautiful.	_____	_____	_____
I know when I feel physical signs of stress and do something <i>positive</i> about it.	_____	_____	_____
I am active during the day and walk whenever possible.	_____	_____	_____
I engage in some kind of physical activity that I enjoy on a regular basis.	_____	_____	_____
I stretch and strengthen my major muscle groups on a regular basis.	_____	_____	_____
I try to eat whole grain products, fruits and vegetables regularly.	_____	_____	_____
I limit my intake of fats, sugars, caffeine and “junk foods”.	_____	_____	_____

“Yes” answers are your Energy Builders. “Usually” answers are your Energy Maintainers. “No” answers are your Energy Robbers!
Your goal is to increase your Energy Builders.

Score: (Yes) Energy Builders

14 -12 Energy Builders - You're making all the right energy choices!

11 - 9 Energy Builders - Don't rest on your laurels. You're almost at the top.

8 - 5 Energy Builders - You have lots of great habits. You can easily build on them to create more energy.

4 - 2 Energy Builders - You need to take a long, hard look at your lifestyle choices.

1 - 0 Energy Builders - You may not have energy now, but there is hope. Start by making 1 or 2 simple changes today!

Look over your answers. What areas need improvement? What surprises you most about your answers? What specific steps can you take today to start increasing your Energy Builders?