

Energy Level Assessment

Choose to focus your time, energy and conversation around people who inspire you, support you and help you to grow you into your happiest, strongest, wisest self.

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Read each statement – mark each one that is true for you.

Body

- I don't regularly get seven or 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 (cardiovascular three times a week, strength training 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 at all.

Emotions

- I frequently find myself feeling irritable or anxious at work, especially when work is demanding.
- I don't have enough time with my family 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 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 email.
- 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 the weekends, and I almost never take an email-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 time and energy.
- My decisions at work are more often influenced by external demands than 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.

Use chart on next page to calculate your score.

How is your overall energy?

Total number of statements checked:

Guide to overall score

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

Number of checks in each category

Category	Number of Checks
Body	
Emotions	
Mind	
Spiritual	

Guide to category scores

0	Excellent energy management skills
1	Strong energy management skills
2	Significant energy deficits
3	Poor energy management skills
4	A full-fledged energy management crisis

Source: Schwartz, T. & McCarthy, C (2007), Manage Your Energy, Not Your Time, Harvard Business Review, October 2007