

Name:

Personal Energy Assessment

We always focus on how to manage our time, when we really should focus on how to manage our energy.

We invite you to complete the assessment to find out what your current state of energy is.

Score each item on a scale of 0 to 10, whereby 1 is "Totally Disagree" and 10 is "Totally Agree".

ENERGY: PHYSICAL	Rating
1. I do not postpone doctor visits.	
2. I exercise 3 times per week	
3. I always eat breakfast before leaving the house.	
4. I feel that I sleep enough.	
5. I do not take pain relievers, ibuprofen, or antacids regularly.	
6. When I need it, I get a massage.	
7. For me, diet is very important, and I maintain a balanced diet.	
8. I do not have any dependencies (tobacco, alcohol, or other substances).	
9. At the end of the day, I still have energy.	
10. I try to improve my exercising regularly.	
In summary:	
On a scale of 100%, my physical energy is "SUM OF RATINGS"	

Score each item on a scale of 0 to 10, whereby 1 is "Totally Disagree" and 10 is "Totally Agree".

ENERGY: EMOTIONAL	Rating
1. I spend time with those important to me every week.	
2. I have close friends that I can speak to about my problems.	
3. I feel valued at work.	
4. I have alone time when I need it.	
5. I have a group of friends that I see frequently.	
6. I have a good relationship with my supervisor(s).	
7. I do not need to impose my opinion authoritatively. I state my reasons.	
8. When I listen to someone, I try to understand that person and I am not thinking about my response.	
9. I am interested in understanding others, not in expressing my own point of view.	
10. When I am listening to a client, I am totally focused on what they are telling me.	
In summary:	
On a scale of 100%, my emotional energy is "SUM OF RATINGS":	

Score each item on a scale of 0 to 10, whereby 1 is “Totally Disagree” and 10 is “Totally Agree”.

ENERGY: MENTAL	Rating
1. I make sure that the pressures do not overwhelm me. I assign them sufficient importance.	
2. It is easy for me to focus on work.	
3. I hardly ever forget anything.	
4. I manage my time very efficiently	
5. I always see the positive side of things.	
6. I seek to innovate and be creative in different tasks that I carry out in my work.	
7. I practice meditation.	
8. I have challenges at work that are stimulating.	
9. I never bring my problems home.	
10. I never do two things at the same time.	
<u>In summary:</u> <u>On a scale of 100%, my mental energy is “SUM OF RATINGS”:</u>	

Score each item on a scale of 0 to 10, whereby 1 is “Totally Disagree” and 10 is “Totally Agree”.

ENERGY: SPIRITUAL	Rating
1. I feel very committed to my work.	
2. I dedicate time to reflect on my future and my life.	
3. I often get involved in social causes or non-profit activities.	
4. I have dreams and aspirations that guide my life.	
5. I dedicate enough time to that which is important in my life.	
6. There are people I admire and that inspire me.	
7. I feel in control of the things that happen in my life.	
8. I have learned about other ways of living that can enrich my own life.	
9. I do not get to everything.	
10. I practice a religion or spiritual philosophy that helps me daily.	
<u>In summary:</u> <u>On a scale of 100%, my spiritual energy is “SUM OF RATINGS”:</u>	