

## CONCEPT

### Energy check up

#### Physical

- Am I often sleep-deprived? Do I wake up feeling tired?
- Do I frequently skip breakfast or settle for a non-nutritious snack on the run?
- Am I remiss at working out three or more times/week for cardiovascular training and once weekly for strength training?
- Do I fail to take regular breaks during the day to renew and recharge?
- Do I avoid eating lunch at my desk, if I eat at all?
- Do I often eat late at night—too much too late?

#### Emotional

- Do I often feel irritable, impatient, or anxious at work, especially with demanding tasks?
- Am I spending too little time with family and loved ones?
- When I'm with family and loved ones, am I frequently not really with them?
- Do I rarely have time for activities I deeply enjoy?
- Am I remiss at stopping to express appreciation to others?
- Am I poor at savoring my accomplishments & blessings?

#### Mental

- Do I often fail to focus on one thing at a time, avoiding distractions, especially e-mail?
- Do I spend much of my day reacting to immediate crises, neglecting activities with longer-term value?
- Do I neglect time for reflection, strategizing, and creative thinking?
- Do I work evenings/weekends, almost never taking an e-mail-free vacation?

#### Spiritual

- At work do I devote too little time to doing what I do best and enjoy most?
- Are there significant gaps between what I say is most important to me and what I actually use my time and energy to accomplish?
- Do my work decisions arise more from external demands than from a clear sense of purpose?
- Have I invested meager energy toward making a positive difference to others or to the world?

How many "yes" responses did you have?

- \_\_\_ 0-3 You are achieving a promising energy level.
- \_\_\_ 4-9 Work on two or three "yes" items to achieve higher levels of energy.
- \_\_\_ 10-15 Misplaced efforts are your enemy. Start a one-by-one revitalization path.
- \_\_\_ 16-20 Small wonder you're lethargic. Turn around; go a totally different direction.