

Energy Audit Tool



High-performers are hard-wired with a do-more mindset. So we respond to stress by working longer hours, which eventually takes a toll on us physically, mentally, and emotionally. Over time our levels of engagement go down, our levels of distraction go up and we push ourselves harder and harder to keep up. We cut corners in our relationships and with our kids because there's no *measurable* impact from another hour spent with the family—but another hour in the office, that could have a huge impact on your business. Right?

Yet before you became an entrepreneur—and you dreamed of leaving behind that boss who demanded more and more from you—you had no idea that the most demanding boss you'd ever meet is the one standing in your shoes, right now. Right?!

Jim Loehr and Tony Schwartz wrote a book, *The Power of Full Engagement*, whose subtitle says it all: *Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal*.

You see, **time is a finite resource**. There's a limit to how many hours you can work. But energy is different. Loehr and Tony Schwartz explain that your energy can be expanded and renewed by establishing specific rituals—behaviors that are intentionally practiced and precisely scheduled, with the goal of making them unconscious and automatic as quickly as possible.

- **Physical Energy:** increase your energy by moving your body more; drinking less alcohol; getting more sleep.
- **Emotional Energy:** increase your energy by spending quality time with friends; having an overnight date night without the kids, saying no to anything that's not a Hell Yes.
- **Mental Energy:** increase your energy by only checking emails twice a day; reading books that have nothing to do with work; creating long stretches of time for deep work.
- **Spiritual Energy:** increase your energy by spending time in nature; doing what nurtures your spirit; meditating; saying 3 things you're grateful for when you wake up.

The Department of Energy recommends doing an annual home energy audit to assess how much energy your home consumes. You see, if your home isn't energy efficient it has problems that can cost you significant amounts of money over time.

Well, it's like that for us humans, too. And it's time for an Energy Audit.

Energy Audit Instructions:

Make a list of all the people, places and things in your life that FILL you with energy.
Add to the list any habits or rituals you have that energize you.

Make a list of all the people, places and things in your life that DRAIN you of energy.
Add to the list any habits or rituals you have that exhaust you.

↑ WHAT <i>FILLS</i> ME WITH ENERGY	↓ WHAT <i>DRAINS</i> ME OF ENERGY