

Energy Inventory

How much sleep do you get? Do you wake up feeling well rested?

To what extent does your mission in life motivate you to get up in the morning?

How is your diet? (How well do you eat? How nutritionally balanced are your meals?)

How is your overall health?

What is your level of physical activity?

Does your intake of sugar, stimulants, and alcohol contribute positively to your energy level, generally, or does it have the opposite effect?

How well do you breathe? Do you breathe as deeply as you would like?

How is your love life?

How active are you socially?

How connected are you to your neighborhood and community and the larger world?

How satisfying is your family life?

How busy are you at work? Are you sufficiently challenged? Is your current job or profession a good match with your interests as well as your skills?

What is your relationship with money? How solid are you financially?

How much time do you spend on hobbies and outside interests?

How much time do you spend on playful or recreational activities?

What is the level of stress in your life? How resilient are you to those stressors?

If you were charting how energetic you feel on a typical day, with a line representing the ebb and flow of energy in your life, what would it look like? Can you correlate the ups and downs with anything in particular?

Is laughter a regular visitor in your life?

If your partner or closest friend were answering these questions for you, would they agree with your responses?