



## TOOLKIT: Personal Energy Audit

|  | Energy Inflow | Energy Outflow | Review Priority |
|--|---------------|----------------|-----------------|
| <b>PHYSICAL</b>  |               |                |                 |
| Everyday activities (e.g. work, commuting, housework)                        |               |                |                 |
| Diet: "healthy", sustaining food/drink<br>"unhealthy" food/drink             |               |                |                 |
| Breathing (deeper, relaxed is energizing)                                    |               |                |                 |
| Exercise   |               |                |                 |
| Relaxation   |               |                |                 |
| Indulgences (smoking etc)  |               |                |                 |
| Other:   |               |                |                 |
| <b>SUBTOTAL</b>  |               |                |                 |
|  | Energy Inflow | Energy Outflow | Review Priority |
| <b>EMOTIONAL</b>   |               |                |                 |
| Self-appreciation or put-down: supporting or blaming yourself                |               |                |                 |
| Appreciation or negativity from people at work                               |               |                |                 |
| The emotional rewards or pressures of your job content and work organisation |               |                |                 |
| Support, challenges from your local community, neighbours etc                |               |                |                 |
| How do you respond to unexpected changes?                                    |               |                |                 |
| Are they typically a stimulus or a stress for you?                           |               |                |                 |
| Support/negativity from family and friends                                   |               |                |                 |
| Emotional support/demands from any groups you are part of                    |               |                |                 |
| The emotional rewards or demands of your leisure time/hobbies                |               |                |                 |
| Other:   |               |                |                 |
| <b>SUBTOTAL</b>  |               |                |                 |

|   | Energy Inflow | Energy Outflow | Review Priority |
|---|---------------|----------------|-----------------|
| <b>MENTAL</b>   |               |                |                 |
| Does your work and lifestyle, give you mental stimulus or exhaustion?   |               |                |                 |
| Do your family, friends, time with groups give you mental stimulus or exhaustion?   |               |                |                 |
| Does the team/organisation you work in give you mental stimulus or exhaustion?  |               |                |                 |
| Is your habitual way of thinking positive and creative, or do you tend to worry and fret and focus on the negatives?  |               |                |                 |
| Do you use both logical and intuitive skills in your work, and integrate them?  |               |                |                 |
| Do uncertainty and conflicting data stimulate or dissipate your mental energy?  |               |                |                 |
| Do you have leisure activities that give you mental energy or depletion?  |               |                |                 |
| Other:  |               |                |                 |
| SUBTOTAL  |               |                |                 |
|   | Energy Inflow | Energy Outflow | Review Priority |
| <b>INSPIRATIONAL</b>  |               |                |                 |
| Do you have a sense of purpose and inspiration in your life generally?  |               |                |                 |
| Do you have a mentor, friend or teacher, or colleague at work who is a role model for you in connecting with inspirational energy?  |               |                |                 |
| When life or work gets exhausting, can you re-energize yourself by remembering the point of it all?   |               |                |                 |
| Does your view of the world and future outlook depress or uplift you?   |               |                |                 |
| In your free time, do you choose any activities that inspire you (eg through nature, music, meditation), or do you choose distractions or compensations for stress and fatigue? |               |                |                 |
| SUBTOTAL  |               |                |                 |
| <b>GRAND TOTAL</b>  |               |                |                 |