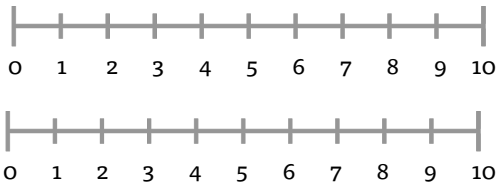
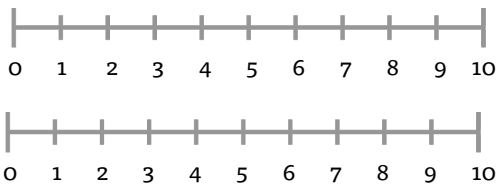
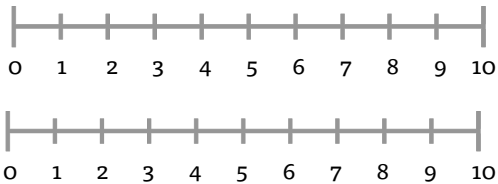
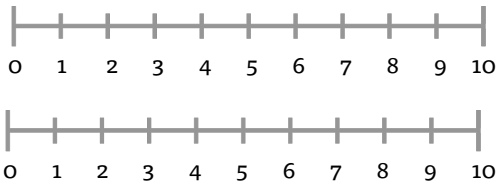
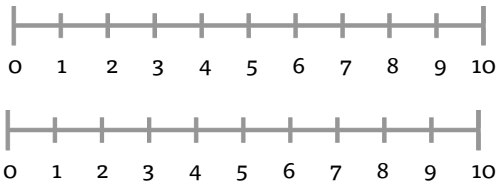


# Assessment: Do a personal energy audit

How are you doing with managing your prime sources of energy? Rate yourself in the following areas, with 0 as “never” and 10 as “always.” Where you come up short, commit to improve.

Score per area:                      0–6 = Problem area                      7–15 = Average                      16–20 Doing great

<p><b>Sleep</b></p> <p>1. I sleep the same amount each night (and don't use weekends to catch up on sleep):</p> <p>2. I get good quality sleep each night:</p> <p>One change I will make to improve:</p>	 <p>Total: _____</p>
<p><b>Relax</b></p> <p>3. I have effective coping strategies to deal with stress:</p> <p>4. My lifestyle supports my ability to manage stress:</p> <p>One change I will make to improve:</p>	 <p>Total: _____</p>
<p><b>Connect</b></p> <p>5. I connect regularly with important people in my life:</p> <p>6. I have relationships at work that I value:</p> <p>One change I will make to improve:</p>	 <p>Total: _____</p>
<p><b>Move</b></p> <p>7. I get up and move throughout the workday:</p> <p>8. I have a consistent exercise program:</p> <p>One change I will make to improve:</p>	 <p>Total: _____</p>
<p><b>Eat</b></p> <p>9. I eat nutritious food at every meal:</p> <p>10. The way I eat provides sustained energy throughout the day:</p> <p>One change I will make to improve:</p>	 <p>Total: _____</p>