

ENERGY AUDIT

Instructions: Use this document to audit your energy and gain more insight into your energy blueprint. This document is an important step in energy management and creating optimal energy in your life and work. I have left a little room under each question if you want to print this out and write directly on the paper.

The guided audio gives you more details and guidance for each step. If you want to use the guided audio, you can find it here:

<https://www.sonyastattmann.com/achieving-wellness-support-resources/>

STEP 1: Calibration

The goal of this step is to give you more insight into what your natural energy feels like, so you can use it as a measure for the rest of the audit.

> **What does it feel like when you are full of natural and healthy energy?** Think back on a time in your life when you had the most energy and felt at full capacity. How would you describe this feeling? Where is it located in your body?

> **In contrast, what does it feel like when you are full of adrenaline?** Think fight or flight, feeling stressed or on a deadline, or feeling judged and responding with a lot of energy.

> **How are these different?** List 5 differences between being full of natural energy and being pumped up on adrenaline.

> **On the other side of the spectrum, what does it feel like when you are depleted of energy or running on empty?** Where do you feel this in your body? What kind of thoughts run through your head? How is your mental health?

> **What does it feel like when you are tired from a good day's work, but not depleted?** You feel good and satisfied with what you accomplished and are ready for a good night's sleep, but you don't feel emotionally or mentally exhausted.

> **How are these two experiences different?** List 5 differences between being completely depleted (physically, emotionally, and mentally) and being tired from a good day's work.

** The answers you have to these questions will be a guide for the rest of the audit. What you are looking for is natural energy, not adrenaline and not exhaustion. The reason this step is so important is because everyone's natural energy is unique - some people have high energy naturally, and others have calm or steady energy.

STEP 2: General Inquiry

This step will help you get a general sense of your energy and energy blueprint. If you missed the email about the different sources of energy, you can find that [here](#).

> **What are 5 physical activities or fuel sources that energize you and 5 physical activities or fuel sources that deplete you?** Think of things like food, drink, sleep, exercise & movement, being in the sunlight, being in nature, any kind of physical activity, etc.

Energizes you:

- 1.
- 2.
- 3.
- 4.
- 5.

Depletes you:

- 1.
- 2.
- 3.
- 4.
- 5.

> What are 5 emotions or emotional activities that energize you and 5 emotions or emotional activities that deplete you? You can look at specific emotions that energize or deplete you, ways you use your emotions and feelings, or emotional investment in specific relationships.

Energizes you:

- 1.
- 2.
- 3.
- 4.
- 5.

Depletes you:

- 1.
- 2.
- 3.
- 4.
- 5.

> What are 5 mental activities that energize you and 5 that deplete you? When do you feel focused and mentally able to sustain attention (energizes you) or what activities cost you your focus & attention or are mentally exhausting (depletes you)?

Energizes you:

- 1.
- 2.
- 3.
- 4.
- 5.

Depletes you:

- 1.
- 2.
- 3.
- 4.
- 5.

> What are 5 meaningful things that energize you and 5 things that cause you to be misaligned with your values or disconnected from your purpose? Spiritual energy comes from the part of you that is fueled by your values and what really matters to you. Spiritual energy is expanded (energizes you) when you are being true to yourself and your values, and when you feel connected to something bigger than yourself. Spiritual energy is depleted when you are not being true to yourself and/or when you feel disconnected from your values and purpose.

Energizes you:

- 1.
- 2.
- 3.
- 4.
- 5.

Depletes you:

- 1.
- 2.
- 3.
- 4.
- 5.

** You should have a good list from this step of what energizes you and what depletes you in all of the different areas. Go through your list and circle the top 10 energizing activities and the top 10 depleting activities. This exercise is an insight into your energy blueprint.

STEP 3: Specific Activities Checklist

The goal of this activity is to give you some general and specific ideas about what energizes or depletes you. If step 2 is hard for you, this step will give you specific activities to explore.

For each activity, select whether it is (mostly) energizing, depleting, or neutral for you! The more honest you are about how you feel, the better. Let go of any “shoulds” or expectations you may have on your energy.

The last column, “More Detail”, gives you an opportunity to get more specific about the activity. For instance, working out might energize you when you do certain exercises, but completely exhaust you when you do others. Make a note of nuances in the final column.

NOTE: We are looking for what naturally energizes you, not what spikes adrenaline and then ends up in a crash of energy. So when you are exploring activities, be sure to only mark it as energizing if it is sustaining energy, not temporary energy.

ACTIVITY	ENERGIZING	DEPLETING	NEUTRAL	MORE DETAIL
Going to the gym or working out at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Doing gentle exercises like stretching or walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Getting a full 8+ hours of uninterrupted sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Getting 4-6 hours of sleep or many interruptions during sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Skipping meals or ignoring your body's need for fuel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Prioritizing nutrition & giving your body the fuel YOU need	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Drinking alcohol (especially how you feel the next day)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Drinking coffee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spending time in nature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Being in the office or at your desk all-day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Scrolling on your phone for an hour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Talking to people & socializing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spending the day at home, in bed, reading, or at rest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Doing chores around the house - cooking, cleaning, organizing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Getting a massage or other nurturing self-care practice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Feeling joy or happiness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Experiencing anger (especially once the adrenaline subsides)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Being honest about your emotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Having to suppress your emotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Engaging in self-deprecation or judging yourself harshly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Practicing self-compassion & giving yourself grace	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Judging other people & focusing on their shortcomings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Having empathy for others and understanding they're human	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Loving someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hating someone or focusing your anger on them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Being appreciated by the people around you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spending time with someone you can't be yourself with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spending time with someone you are free to be yourself with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Focusing on the present moment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Focusing on the future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Working with numbers or working in spreadsheets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Creative problem-solving & thinking outside the box	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Focusing for short amounts of time (45 minutes or less)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Trying to be focused for long periods of time (hours)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Doing tactical planning & strategic thinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Focusing on big-picture thinking or being a visionary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Doing puzzles, sudoku, or other mentally stimulating activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Being the leader or guide for a group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Implementing step-by-step instructions provided by others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Being stuck in worry or negative thinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Having mostly positive thoughts & feeling hopeful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Learning a new skill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Facing uncertainty but still having to make a decision	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Decision-making in general	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dealing with a crisis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Living in your values (and being clear about your values)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Operating against your values	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Following your innermost desires	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Following someone else's desires at the cost of your own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spending 80% or more of your time on what you love	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Spending 80% of your time on "have to's"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Contributing to something bigger than yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Being isolated or doing everything on your own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Living purposefully	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Practicing gratitude and focusing on all that you have	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Focusing on scarcity, lack, or what you don't have	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
How does your work currently feel? (most of the time)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
How does your current social life feel? (most of the time)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Having quiet time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Practicing daily rituals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

** Now go back through your checklist and circle the top 5 activities that energize you and the top 5 that deplete your energy.

BONUS: What are two energizing activities you can do more of today? What are two things you can do today to decrease or remove the activities that most drain you?

 **STEP 4: Tapping into your innate energy**

The goal of this section is to help you get a sense of your natural energy, what you were born with.

> **Make a list of everything you loved doing as a child.** What were you interested in? What motivated you? What did you lose time doing? What were you always curious about?

> **What have you always loved doing?** What has always energized you? What do you still lose time doing? What would you do for free? What fills your energy reserves up every single time you do it?

FINAL THOUGHTS

This can be an in-depth process, the more you invest in it, the more you get out of it. From the above exercises, you should have some insight into how your energy works, and from there you can increase activities that energize you and decrease activities that deplete your energy.

If you need more support around this, I would highly recommend looking at my [1:1 coaching program](#) around energy & performance. If your organization does Lunch N' Learns or learning & development, have your HR team reach out to me about doing [a whole team event around energy management](#).