



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.

STEP 1

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 FILLS ME WITH ENERGY	↓ WHAT DRAINS ME OF ENERGY

STEP 2

Once your list is complete, pick one item in the right hand column that drains you of energy. Write it below:

First of all, let's make it "right." If you are doing it, there's some kind of benefit for you, even if it doesn't make sense at first glance.

Example: I eat 4 cookies every night before bed, even though I want to lose weight.

- Eating cookies reminds me of growing up and fun times with my family.
- Eating cookies is something fun and secret I can do after the family goes to bed.
- Eating cookies is comforting.

(i) Why do you do it? What advantage does it have for you? What are its benefits?

(ii) What could you do to remove this person, place or habit from the DRAINS you of energy list?

OR

(iii) What could you do to turn this person, place or habit into something that FILLS you with energy?
