

Energy Check-In

Another way to consider your overall well-being is to reflect on the different energies you need in order to feel healthy, capable, engaged, and happy. These energies can be thought of as physical, emotional, cognitive, and spiritual energies that we all have, need, and can cultivate. When you don't feel well, it could be that you haven't tended to one of these areas and are out of balance.

Use this reflection tool every few months to check in on your energy. It can help you see where you're doing well in caring for your energy and which dimension might need some attention. You can also download it from www.onwardthebook.com.

Dimension		On a 1–5 scale, rate your agreement with the statement	Dimension Total
Body	I sleep for at least eight hours and wake up feeling rested.		
	I eat a nutritious breakfast almost every day.		
	I exercise at least three times a week.		
	I take little breaks during the day to recharge, and/or I stop work to eat lunch.		
Emotions	I usually feel calm, patient, and content at work.		
	I have enough time with my family and friends, and when I'm with them I feel fully present.		
	I have enough time in my life for the activities that I love doing the most.		
	I regularly stop to appreciate what I have and to relish my accomplishments.		

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Mind	I am usually able to focus on the task in front of me, and I don't often get distracted.		
	My days usually go as planned, and I focus on valuable and high-leverage tasks.		
	I have regular time for reflection, planning, and creative thinking.		
	I rarely work in the evenings; I take almost the whole weekend off.		
Spirit	Most of my time at work is spent doing what I do best and enjoy the most.		
	The way I spend my time and energy reflects closely what is most important to me in my life.		
	My decisions at work are influenced by a strong, clear sense of my own purpose.		
	I feel that I'm making a positive difference in the world.		
	TOTAL		

Guide to Scores

68–80: You're doing great at managing your energies. You probably feel really good physically and emotionally.

54–67: You're doing okay at managing your energies. There are probably areas where you feel well and others where you know you need to make improvements.

31–53: You're struggling to manage your energies. You are approaching an energy crisis.

0–30: You're having a major energy crisis. Take action.

Reflect

What did your energy check-in tell you about yourself?

What dimension is your strongest? Why do you think that is?

Which dimension do you want to care for a little more?

What would you gain from focusing on that area?

What could you do today to tend to that dimension a little bit?

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