

# ARE YOU HEADED FOR AN ENERGY CRISIS? TAKE THE AUDIT!

Please check the statements below that are true for you.

## Body

- I regularly get less than seven to eight hours of sleep, and I often wake up feeling tired.
- I frequently skip breakfast, or I settle for something that isn't nutritious.
- I don't work out enough (i.e., cardiovascular training at least three times a week and strength training at least once a week).
- I don't take regular breaks during the day to truly renew and recharge, or I often eat lunch at my desk, if I eat it at all.

## Emotions

- I frequently find myself feeling irritable, impatient, or anxious at work, especially when work is demanding.
- I don't have enough time with my family and loved ones, and when I'm with them, I'm not always really present.
- I have too little time for the activities that I enjoy the most.
- I don't stop frequently enough to express my appreciation to others or to enjoy my accomplishments and blessings.

## Mind

- I have difficulty focusing on one thing at a time and I am easily distracted during the day, especially by email and social media.
- I spend much of my day reacting to immediate crises and demands rather than focusing on activities with longer-term value and high leverage.
- I don't take enough time for reflection, strategising, and creative thinking.
- I work in the evenings or on weekends, and I almost never take an email-free break.

## Spirit

- I don't spend enough time at work doing what I do best and enjoy most.
- There are significant gaps between what I say is most important to me in my life and how I actually allocate my time and energy.
- My decisions at work are more often influenced by external demands than by a strong, clear sense of my own purpose.
- I feel like I don't invest enough time and energy in making a positive difference to others or to the world.

## WHAT DO YOU NEED TO WORK ON?

### How is your energy in each category?

Add up the number of ticks in each.

Body \_\_\_\_\_ Mind \_\_\_\_\_ Emotions \_\_\_\_\_ Spirit \_\_\_\_\_

### Guide to category scores

- 0 Excellent energy management skills
- 1 Good energy management skills
- 2 Some energy management
- 3 Poor energy management skills
- 4 Cause for concern – take action and/or seek support

### How is your overall energy?

Add up the number of statements ticked: \_\_\_\_\_

### Guide to overall scores

- 0–3 Excellent energy management skills
- 4–6 Reasonable energy management skills
- 7–10 Several energy management deficits
- 11–16 Cause for concern – take action and/or seek support

## EAPworks is here to help

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