

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

For more resources or to make a booking:

Call - 0800 735 343

Online booking - www.eapworks.co.nz

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