



Energy Management Audit

PHYSICAL HEALTH

	YES	NO
I have a routine that prepares me for sleep each night.		
On average I get between 7 and 9 hours of sleep each night.		
I invest time and energy making sure my diet meets my nutritional needs.		
Overall, I would say I have a balanced diet.		
I take a lunch break and eat mindfully.		
On average I do at least 30 minutes of moderate intensity exercise each day.		
My exercise includes at least 2 strength-based sessions per week.		
On average I have no more than 10 standard drinks of alcohol per week.		
I minimise the amount of intoxicants I consume (e.g. caffeine, nicotine, legal and illicit drugs etc.)		

TOTAL

/9

One tiny action I can take to improve my physical health is: _____

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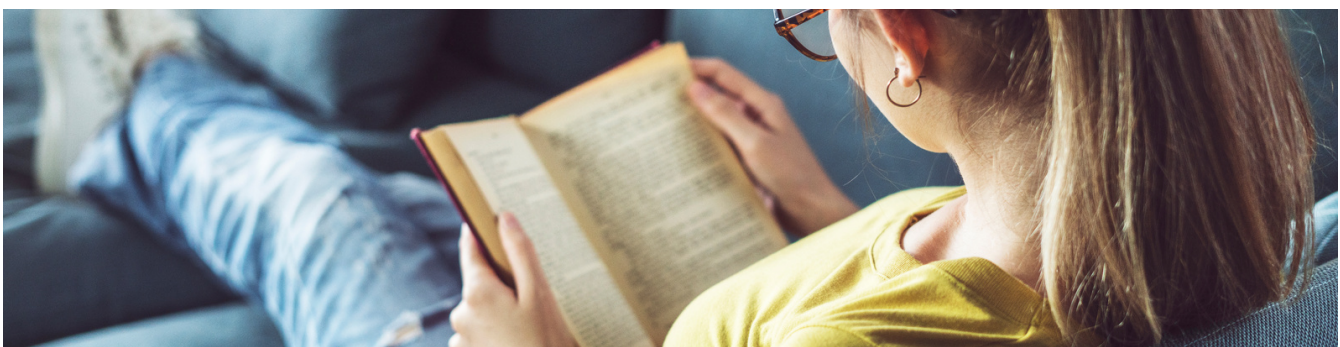
MIND HEALTH

	YES	NO
I regularly seek out formal learning opportunities that enhance my knowledge and skills.		
I enjoy trying new foods/dishes and seek out opportunities to do this.		
I like to try new things and actively seek out new experiences.		
I regularly go to new places and enjoy experiencing them.		
I regularly engage in informal learning of information through books, documentaries, podcasts etc.		
I read/listen to a variety of topics, from a broad range of areas.		
In the last 12 months, I have invested time in developing a new skill.		
I can focus my mind on a task for an extended period of time.		
I have a regular mindfulness practice.		

TOTAL

/9

One tiny action I can take to improve my mind health is: _____



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EMOTIONAL HEALTH

	YES	NO
I would say that I am effective at reading the emotions of others.		
I would say that I am effective at monitoring my own emotions.		
I have healthy strategies that help me to regulate and release my emotions.		
I have social supporters or professionals that I can count on to talk through any of my challenges.		
I use creativity to express/release emotions (playing or listening to music, painting, dance, etc).		
I use mindfulness/meditation/relaxation activities to help regulate my emotions.		
I can list 10 different emotions easily: ----- ----- -----		

TOTAL

/7

One tiny action I can take to improve my emotional health is: _____



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SPIRITUAL HEALTH

	YES	NO
I am clear on what is important to me in life.		
I can identify at least two values/ guiding principles that I live my life by.		
Overall, I would say that who I am is consistent with who I want to be.		
I have a clear sense of purpose that drives what I do.		
I spend time reflecting on whether I am living my life in line with my values, and who I want to be.		
I have daily rituals that keep me grounded and centred.		
I take the time to appreciate the beauty around me.		
I am able to be still and note what brings me peace.		
I enjoy being of service to others.		

TOTAL

/9

One tiny action I can take to improve my spiritual health is: _____



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MY RE-ENERGISING ACTIVITIES:

PHYSICAL	MIND	EMOTIONAL	SPIRITUAL

My non-negotiable 'meetings with myself' before, during and after work hours.

DAY	TIME	RE-ENERGISING ACTIVITY
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

