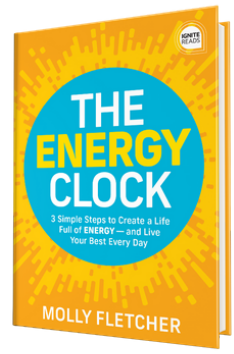


ENERGY AUDIT



"If we don't decide what is most important to us, the world will decide for us."
- Molly Fletcher, *The Energy Clock*

An energy audit means looking holistically at all of your energy outputs and determining where you are gaining energy and where you are losing it.

What increases your energy and is meaningful to you?



Personal:

Work:

What doesn't increase or decrease your energy, but you have to get it done?



Personal:

Work:

What decreases your energy?



Personal:

Work:

1. Maximize your energizers

2. Be more efficient with everything in between

3. Eliminate or manage your drainers