

Energy Check-In

| Body | Rank how strongly you agree/disagree: 1: Strongly Disagree 5: Strongly Agree |
|---|--|
| 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 stop work to eat lunch. | |
| | Total Score: |

| Emotions | Rank how strongly you agree/disagree: 1: Strongly Disagree 5: Strongly Agree |
|---|--|
| 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. | |
| | Total Score: |

| | |
|--|--|
| Mind | Rank how strongly you agree/disagree: 1: Strongly Disagree 5: Strongly Agree |
| 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. | |
| | Total Score: |

| | |
|--|--|
| Spirit | Rank how strongly you agree/disagree: 1: Strongly Disagree 5: Strongly Agree |
| 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 Score: |