



MY PERSONAL ENERGY STOCKTAKE

The objective of this Quiz is to determine how you are currently utilizing your personal energy. When answering the questions, do so quickly and honestly and only tick the 'yes' box if it is true for you 100% of the time.

QUESTIONS:

1. I can run up three flights of stairs without gasping for breath Yes No
2. I am never critical and do not complain Yes No
3. I am calm and even tempered Yes No
4. I have a deep understanding of my values and principles Yes No
5. I always have the energy for spending fun times with my friends and family Yes No
6. I am able to focus and concentrate 100% at work Yes No
7. I feel proud of what I do and what I contribute Yes No
8. If I could retire tomorrow, I would work in my field for free Yes No
9. I eat a balanced diet Yes No
10. I consistently meet deadlines Yes No
11. I have patience for those close to me Yes No
12. I have a clear strategy to reach my goals in life Yes No
13. I feel fully rested and refreshed when I wake up each morning Yes No
14. I always see the positive side of situations Yes No
15. I make decisions easily and appropriately Yes No
16. I am reliable and trustworthy Yes No
17. I have no bad habits detrimental to my health (smoking, alcohol, coffee etc) Yes No
18. I never leave things till the last minute Yes No
19. I create and maintain personal relationships of warmth, depth and genuineness Yes No
20. I look forward to going to work each day Yes No



How many YES's did you have?

- 0-5: You're energy is controlling you to the point that you are performing extremely poorly across all areas of your life and it shows! You may be close to burning out all together!
- 5-10: Your energy is not serving you well and you probably feel that you are being pulled in every direction other than forward! You are not in the driver's seat and have possibly lost sight of where you are going and what you think is important in life.
- 10-15: You have good days and bad days when it comes to how you feel and perform both at work and at home. This can be exhausting at times as you are living an unbalanced, and let's face it, fairly draining life!
- 15-19: You are able to manage your energy well but need to ensure consistency in times of crisis/stress. Well done, but note that there is more to do so that you are truly performing at your very, very best!
- 19-20: Congratulations! You are astute at managing your energy and understanding how it best serves you! You are consistently performing at your best, you understand the importance of rest and you know where you are headed in life! Share your secret with those around you!