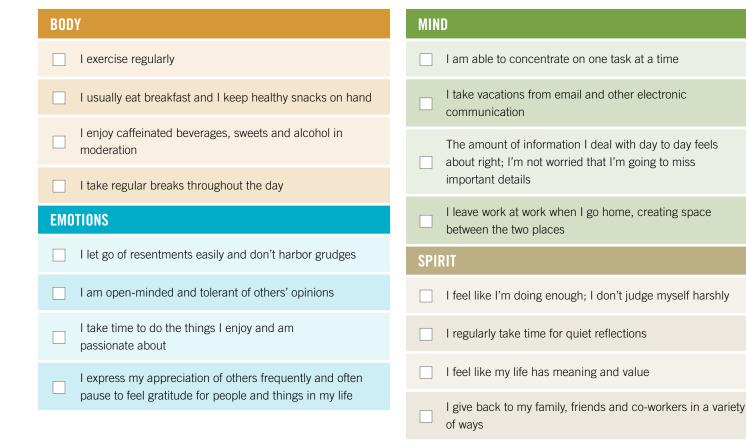
## RUNNING ON EMPTY?

Take this energy audit to see how you're doing. Check the statements that are true for you, then see how you score.



## **OVERALL ENERGY SCORE**

Total number of statements checked: \_\_\_\_

- 11 16 = Excellent energy management skills
- **7 10** = Reasonable energy management skills
- **4 6** = Significant energy management deficit
- **0 3** = A full-fledged energy management crisis

## **AREAS FOR FOCUS**

If you have three or fewer checks in any area, use the resources in this issue to give yourself a boost!

Number of checks in each category:

Body:\_\_\_\_ Emotions:\_\_\_ Mind:\_\_\_ Spirit:\_\_\_

- **4** = Excellent energy management skills
- **3** = Strong energy management skills
- 2 = Significant deficits
- 1 = Poor energy management skills
- **0** = A full-fledged energy crisis

