

# ENERGY ASSESSMENT

(Every YES on a line item is one point, add up to get the category score and grand total)



## PHYSICAL

1. I don't regularly get at least 7-8 hours of sleep.
2. I frequently skip breakfast or settle for something that's not healthy.
3. I don't do cardiovascular training at least three times a week or strength training at least twice a week.
4. I don't take regular breaks during the day to renew and recharge.
5. I often eat lunch at my desk, if I eat lunch at all.

Category Score:

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## EMOTIONAL

6. I frequently find myself feeling irritable, impatient, or anxious at work, especially when demand is high.
7. I do not have enough time with my family and loved ones, and when I am with them, I'm not always really with them.
8. I take too little time for the activities that I most deeply enjoy.
9. I rarely stop to express appreciation of others or to savor and celebrate my accomplishments and blessings.
10. I often feel that my life is just a relentless set of demands I am expected to meet and tasks I have to complete.

Category Score:

\_\_\_\_\_



## MENTAL

11. I have difficulty focusing on one thing at a time and I am easily distracted during the day, especially by email.
12. I spend much of my time reacting to immediate demands rather than focusing on activities with longer-term value and leverage.
13. I don't take enough time for reflection, strategizing, and thinking creatively.
14. I rarely have any time when my mind is quiet and free of thoughts.
15. I often work on evenings and weekends and/or rarely take an email-free vacation.

Category Score:

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## SOULFUL

16. I don't feel passionately committed to my purpose.
17. I spend too little time being connected soulfully.
18. There are significant gaps between what I say is important in my life and how I actually live.
19. My decisions at work are often more influenced by external demands than by a strong, clear sense of my own purpose.
20. I don't invest enough time and energy slowing down and discovering my spiritual peace.

Category Score:

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# ENERGY ASSESSMENT

LEADERSHIP COACHING RESOURCE

## OVERALL SCORE



What behaviors are undermining your productivity and satisfaction?

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Why have you allowed these behaviors to persist?

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# ENERGY QUADRANTS

(Set one SMART goal per quadrant to improve your energy in each one)

## FOUR BUCKETS

**PHYSICAL**

**EMOTIONAL**

**MENTAL**

**SOULFUL**

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