



MANAGE YOUR ENERGY

L - LET ME REST

# Manage your energy

How many of the following statements are true for you? Work through each one to check in with how well you are managing your energy right now.



1. I don't spend enough time at work doing the things I do best or make me happiest.
2. There is a gap between how I spend most of my time and energy and what's really important to me.
3. I would like to spend more time making more of a difference.



1. I often feel irritable, impatient or anxious at work.
2. I find it difficult to enjoy the present moment.
3. I don't often stop to acknowledge and appreciate what is going well and what I have achieved.



1. I'm often juggling many tasks at the same time.
2. I would say I work reactively more than I work proactively.
3. I often read and respond to emails outside of working hours.



1. I struggle to get enough quality sleep.
2. I don't exercise enough or as much as I'd like to.
3. I struggle to take breaks and often eat lunch at my desk.
4. I often skip mealtimes, especially breakfast.

Count up how many statements were true for you:

0-3 You have great balance!

4-6 Not bad - keep an eye on things

6-10 You're probably finding it hard to reset and rebalance effectively

11-13 Your energy levels are under real threat