

The Energy Factor

Personal Energy =

Physical Energy + Mental Energy + Emotional Energy + Spiritual Energy

Physical Energy = the ability to do work, can measure strength, endurance, flexibility

Mental Energy = ability to intensely focus and perform complex mental tasks when needed but to also be able to let our mind rest and do nothing

Emotional Energy = ability to tap into a full range of emotions, i.e. feel happy when something joyful happens, feel sad when something bad happens. Jim Rohn says emotional energy is the "Ability to let life touch you and move you"

Spiritual Energy = reflects our values, our meaning and our purpose for living the way we live. When we tap into our values and truly know our purpose in life we unleash our spiritual energy

Energy Wizard® Sample

(This is a shortened version of the **Energy Wizard®**. For a more accurate determination of your current Energy Factor, you will need to take the **Energy Wizard®** in its regular format.)

Answer on a scale of 1-5

- 1 = Never
- 2 = Almost Never
- 3 = Sometimes
- 4 = Almost Always
- 5 = Always

1. I exercise vigorously 3 or more times per week.
2. I wake up at the same time each day feeling refreshed.
3. I eat several small, healthy meals and snacks throughout the day.
4. I am able to accomplish what I need to do.
5. I eat a healthy breakfast.

6. I regularly take a break from the work I am doing.
7. Even under pressure, I am able to think clearly and logically.
8. I arrive early for appointments.
9. I participate in hobbies or activities that I enjoy outside of work.
10. I feel organized and mentally prepared to do my work.

11. Others would say that I am a caring person.
12. When I make a decision, I consider how it impacts other people.
13. I feel gratitude for many things in my life.
14. I participate in activities each week that are fun.
15. When something upsets me, I am able to get over it quickly.

16. I spend time with people who nourish and support me.
17. I know my five most important values and orient my life around them.
18. My work gives me a sense of meaning and purpose.
19. I regularly pray, meditate, or journal.
20. I have something in my life that I am passionate about.

My Personal Energy Score

Add up the numbers to your responses.

The sum of statements numbered:

- 1-5 = Physical energy Score
- 6-10 = Mental energy score
- 11-15 = Emotional Energy Score
- 16-20 = Spiritual Energy Score

- 1-20 = Personal Energy Factor

Note: A higher score denotes a higher energy level

My Physical Energy Score = _____ (25 max)

My Mental Energy Score = _____ (25 max)

My Emotional Energy Score = _____ (25 max)

My Spiritual Energy Score = _____ (25 max)

My Personal Energy Factor (total of #1-#20) = _____ (100 max)

- | | |
|--------------|--|
| 80 – 100 | Keep up the good work! You already have a high level of personal energy and may just want to work on a few areas to improve. |
| 60 – 79 | You have room for improvement. Begin including High Energy Habits in your day to increase your personal energy and feel great. |
| 40 – 59 | You have potential to increase the energy available to you to get more accomplished without feeling drained and overwhelmed. |
| Less than 40 | How do you get through the day? Take a baby step today. |

My High Energy Habits

What *High Energy Habit* will improve my physical energy? (i.e. go to bed at 10 PM nightly, eat 4 servings of fruits per day, do some type of physical activity each day)

What is the first step I can take to incorporate this habit into my life? (i.e. turn off TV at 9:45 PM, make a list of the fruits I like, check out the health club near the office)

What *High Energy Habit* will improve my mental energy? (i.e. let all calls go to voice mail while working on important project, take a 10 minute break after 90 minutes of focused work, take a painting class)

What is the first step I can take to incorporate this habit into my life? (i.e. set reminder to turn off phone, set alarm to go off in 90 minutes, get a schedule of upcoming painting classes)

What *High Energy Habit* will improve my emotional energy? (i.e. keep a gratitude journal, do something fun, stay focused on the present moment instead of worrying about past or future)

What is the first step I can take to incorporate this habit into my life? (i.e. buy blank journal, make a list of activities that are fun, pay attention to my self-talk at several points throughout the day)

What *High Energy Habit* will improve my spiritual energy? (i.e. spend time with my best friend Sue, meditate, review my top 5 values each day)

What is the first step I can take to incorporate this habit into my life? (i.e. call Sue to make lunch date, buy meditation tape, revisit Values Assessment and list top 5 values on index card to keep with me)

Energy Drains and Energy Enhancers

Energy Drains

On a separate piece of paper, list 10-100 things that you are tolerating or are draining your energy (i.e. messy car, bed not made daily, papers not in order, closet that needs organized, a button missing from favorite jacket, broken appliance, etc.).

Energy Enhancers

On a separate piece of paper, list your Energy Enhancers or things that give you energy (i.e. taking dog for a walk, weekly massage, keeping a journal, going to dinner with spouse)

Recommended reading:

High Energy Habits by Bill Ford

Energy Matters by Robert A. Rausch, Ph.D.

The Power of Full Engagement by Jim Loehr and Tony Schwartz

The Corporate Athlete by Jack Groppe

The Emotional Energy Factor by Mira Kirshenbaum

The Inner Game of Tennis by W. Timothy Gallwey

Thank you for participating in The Energy Factor

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