



## Personal Energy Audit

This can be a powerful process to help you understand your sources and uses of physical, emotional, mental and inspirational energy. Gardeners and farmers manage the energy mix for their land, and you can do this for your personal ecosystem. Asking yourself “How’s my energy?” may be too loose to be useful.

When professionals assess the sustainability and resilience of many systems, they use an energy audit. This lays out the sources of energy, the processes which use it, and the outputs of the system. These audits are used for ecosystems, and also in designing buildings or whole communities. I’ve adapted this idea to create a Personal Energy Audit, to help you see where your energy comes from, and how it’s used. Most energy audits are calculated with measurable units like kilowatts: this one relies on your estimates approach.

Use the checklist below to assess the main energy inflows and outflows in your life and work. The processes in which you use energy should be considered as outflows. The items listed are not meant to be comprehensive: space is provided to add other items that are significant to you. For each one, rate its importance on a scale of 0 (low energy flow) to 10 (highly important, major energy flow). As you go through, put an asterisk in the Review Priority column for items you feel need urgent consideration. Remember that some items may be both a source and use of energy.

Initially, do these ratings for your current lifestyle and way of working: then you may wish to do the exercise again, to see how much impact a different approach would have. Also, remember that outflows include those that are desirable, and those that ‘waste’ your energy.

### **The Energy Audit**

Use this checklist to assess the main energy inflows and outflows in your work and life generally: rate each item from 0 (unimportant) to 10 (very important). Use the third column to asterisk priorities for further review.

When you have finished the audit, add your inflow and outflow scores for each of the four energy types then total them. If you are running an energy surplus, congratulations! If you are running an energy deficit, ask yourself what’s causing this. Look at items you asterisked for attention. Choose up to five of these as current priorities. How would you like your energy habits to change in these areas, and how might you set about making a change?

When you start to draw on natural energy sources and manage your ecosystem consciously, use the Personal Energy Audit as a way of measuring your progress and steering your priorities. It can also help you evaluate major decisions about your job or lifestyle in advance.

	Energy Inflow	Energy Outflow	Review Priority
<b>PHYSICAL</b>			
Everyday activities (e.g. work, commuting, housework)			
Diet: "healthy", sustaining food/drink "unhealthy" food/drink			
Breathing (deeper, relaxed is energizing)			
Exercise			
Relaxation			
Indulgences (smoking etc)			
Other:			
<b>SUBTOTAL</b>			
	Energy Inflow	Energy Outflow	Review Priority
<b>EMOTIONAL</b>			
Self-appreciation or put-down: supporting or blaming yourself			
Appreciation or negativity from people at work			
The emotional rewards or pressures of your job content and work organisation			
Support, challenges from your local community, neighbours etc			
How do you respond to unexpected changes?			
Are they typically a stimulus or a stress for you?			
Support/negativity from family and friends			
Emotional support/demands from any groups you are part of			
The emotional rewards or demands of your leisure time/hobbies			
Other:			
<b>SUBTOTAL</b>			

	Energy Inflow	Energy Outflow	Review Priority
<b>MENTAL</b>			
Does your work and lifestyle, give you mental stimulus or exhaustion?			
Do your family, friends, time with groups give you mental stimulus or exhaustion?			
Does the team/organisation you work in give you mental stimulus or exhaustion?			
Is your habitual way of thinking positive and creative, or do you tend to worry and fret and focus on the negatives?			
Do you use both logical and intuitive skills in your work, and integrate them?			
Do uncertainty and conflicting data stimulate or dissipate your mental energy?			
Do you have leisure activities that give you mental energy or depletion?			
Other:			
SUBTOTAL			
	Energy Inflow	Energy Outflow	Review Priority
<b>INSPIRATIONAL</b>			
Do you have a sense of purpose and inspiration in your life generally?			
Do you have a mentor, friend or teacher, or colleague at work who is a role model for you in connecting with inspirational energy?			
When life or work gets exhausting, can you re-energize yourself by remembering the point of it all?			
Does your view of the world and future outlook depress or uplift you?			
In your free time, do you choose any activities that inspire you (eg through nature, music, meditation), or do you choose distractions or compensations for stress and fatigue?			
SUBTOTAL			
GRAND TOTAL			