

ENERGY AUDIT

ENERGISERS

WHAT GIVES YOU ENERGY?
WHEN DO YOU HAVE THE MOST
ENERGY? HOW CAN YOU MAKE
SURE YOU ARE TOPPING UP? HOW
OFTEN DO YOU NEED TO TOP UP?

PRIORITISING

WHAT CAN ONLY YOU DO?
WHAT CAN YOU DO LESS OF?
WHAT HABITS CAN YOU ADOPT TO
DO MORE OF WHATS IMPORTANT?
HOW CAN YOU PRIORITISE?

ACCELERATORS

WHO OR WHAT SPEEDS YOU UP?
WHO CAN YOU GET TO HELP YOU?
WHAT SYSTEMS OR STRUCTURES
OR AUTOMATIONS COULD SPEED
THINGS UP FOR YOU?

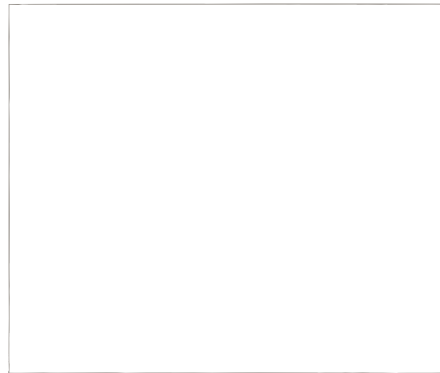
SPEEDBUMPS

WHAT CAN GET IN THE WAY?
WHAT BLOCKERS EXIST FOR YOU?
WHEN DO YOU NEED TO SLOW
DOWN TO SPEED UP? WHEN IS IT
IMPORTANT TO PAUSE?

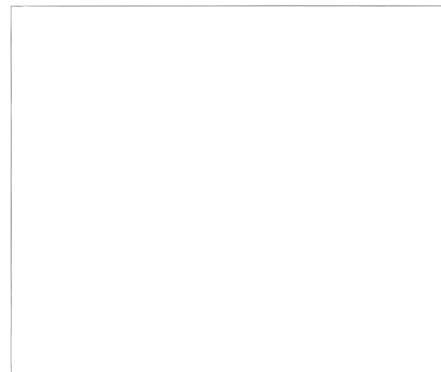
ACTION PLAN

Knowing what you now know, what 3 small adjustments can you make in your schedule, daily habits, or what conversations can you have with superiors or spouses to accommodate your own energy needs.

Action 1



Action 1



Action 1

