

Energy Audit

Name: _____

Date: _____



Use this energy audit at least quarterly to continually shift more and more of the things you do in life and work towards your Unique Abilities... the things that you're great at and GIVE you more energy when you do them. A fulfilled life and high energy work can't happen without over 50% of your activities being "energy activities". The highest performers operate in the 70%+ energy range on a weekly basis. For the full tutorial on this process visit: carrot.com/energy

Gives Energy

% _____

Drains Energy

% _____

► Circle 1–3 “draining” activities on the right that you want to stop doing, add up how many hours per week they currently take, and work on eliminating those from your life over the next 3 months... replacing them with more time to do an Energy Activity on the left. **Each quarter your Energy Ratio should climb higher towards more energy activities.**