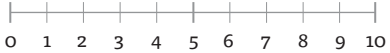
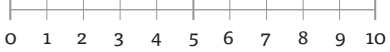

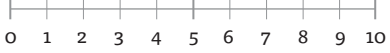


Assessment: Do a personal energy audit

How are you doing with managing your prime sources of energy? Rate yourself in the following areas, with **0** as “never” and **10** as “always.” Where you come up short, commit to improve.

<p>Sleep</p> <p>1. I sleep the same amount each night (and don't use weekends to catch up on sleep):</p> <p>2. I get good quality sleep each night:</p> <p>One change I will make to improve:</p>	<p style="text-align: center;"> ----- </p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: center;"> ----- </p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: right; margin-top: 20px;">Sleep Total: _____</p>
<p>Relax</p> <p>3. I have effective coping strategies to deal with stress:</p> <p>4. My lifestyle supports my ability to manage stress:</p> <p>One change I will make to improve:</p>	<p style="text-align: center;"> ----- </p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: center;"> ----- </p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: right; margin-top: 20px;">Relax Total: _____</p>
<p>Connect</p> <p>5. I connect regularly with important people in my life:</p> <p>6. I have relationships at work that I value:</p> <p>One change I will make to improve:</p>	<p style="text-align: center;"> ----- </p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: center;"> ----- </p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: right; margin-top: 20px;">Connect Total: _____</p>

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<p>Move</p> <p>7. I get up and move throughout the workday:</p> <p>8. I have a consistent exercise program:</p> <p>One change I will make to improve:</p>	<div style="margin-bottom: 10px;">  <p style="margin: 0;">0 1 2 3 4 5 6 7 8 9 10</p> </div> <div style="margin-bottom: 10px;">  <p style="margin: 0;">0 1 2 3 4 5 6 7 8 9 10</p> </div> <p style="text-align: right; margin-top: 20px;">Move Total: _____</p>
<p>Eat</p> <p>9. I eat nutritious food at every meal:</p> <p>10. The way I eat provides sustained energy throughout the day:</p> <p>One change I will make to improve:</p>	<div style="margin-bottom: 10px;">  <p style="margin: 0;">0 1 2 3 4 5 6 7 8 9 10</p> </div> <div style="margin-bottom: 10px;">  <p style="margin: 0;">0 1 2 3 4 5 6 7 8 9 10</p> </div> <p style="text-align: right; margin-top: 20px;">Eat Total: _____</p>

Score per Individual Area:

- 0-6 Problem Area
- 7-15 Average
- 16-20 Doing Great

To connect with us about this content, please email info@franklincovey.com or call 1-888-868-1776.