

ENERGY INVENTORY

Examine how much 'leaky energy' affects your daily life with an Energy Inventory. You can do this by reflecting on **how you spend your time** and the **experience** you have in each area, be it energising or draining.

1. Name 6 or 8 **areas of life** or ways you occupy your waking time
2. Identify **specific ways** your experience in that area is either positive or negative. Look at situations, activities, or interactions, your habits or behavioral patterns.
3. Roughly **calculate** (this is not scientific!) what portion of time in that area is energising versus depleting (characterised by negative thinking, difficult emotions, worry, or challenges).
4. Think of ways you might impact this area, what you might shift or develop.

Areas of life that occupy my time	Things that are positive in this area	Things that are negative in this area	% time positive vs. negative	What can you do to shift the ratio?
<i>e.g. Focused Work, Managing Tasks, Family Time</i>	<i>e.g. Working on my projects, delivering work, collaborating with my colleagues</i>	<i>e.g. communication with hard clients via email, avoiding conflict with my boss or spouse</i>	<i>e.g. 85% positive 15% negative</i>	<i>e.g. be more courageous in communicating around problems, develop my planning skills; set better structures</i>