

Energy Audit Example

Gives Energy / Feels Good

Draining Tasks / Energy

Swimming	Politics and conflict at work
Walking (the dog)	Corporate 'shit'
Laughing	People not caring at work
Drinking wine	My demanding children
Eating a meal with my family	Being messy
Doing things with my family	The cat
Reading	The dog
Resting	My family
Getting things done	Thinking about my career and future
Being with my family	Fears about my health
My best friend	Worrying what people think of me
Being by the sea	My sister
My sisters	Envy
Cleaning and tidying, throwing things out or recycling them	Thinking about my weight
My mom and dad	Caring about things that don't matter
Helping others	Travelling
Being alone and feeling like a grown-up	Useless meetings
Coaching sessions	My grandma
Time to reflect	Friendships
Talking	Television
	IPAD, communication, technology
	Reflecting on the past