

**REFLECTIVE EXERCISE: ENERGY**

(The purpose of the exercise is to reflect on your Energy Status, take a few minutes and complete the exercise.)

REFLECTION	YES	NO	NOTES
<b>SPIRITUAL ENERGY</b>			
Do you have a specific purpose you are exploring?			
Do you have a daily religious practice? (Reading, Praying, Meditation etc.)			
Do you have a religious practice as part of a community?			
Do you make time to reflect on your journey of life? (Example journaling.)			
<b>EMOTIONAL &amp; SOCIAL ENERGY</b>			
On a scale of 1-, how would you rate your current stress levels?			
How are your relationships with? Scale 1-5 <ul style="list-style-type: none"> <li>• Spouse</li> <li>• Kids</li> <li>• Friends &amp; Family</li> <li>• Boss &amp; Subordinates</li> </ul>			
How are you maintaining these relationships?			
What support do you need to give and receive from the relationships?			
Do you have any unresolved issues with any of the relationships? Apologies, Acknowledgements, Toxic relationships etc.			
<b>PHYSICAL ENERGY</b>			
When last did you go for a medical check up?			
Do you have a regular exercise program, where you exercise at least 3 times a week?			
Do you eat regular healthy meals everyday?			
Do you get on average eight hours sleep per day?			
Do you regularly engage in some leisure activities?			
<b>COGNITIVE &amp; EXECUTION ENERGY</b>			
Do you have a development path? What do you do grow, reading, learning etc.			
What development plan for the future?			
How well are you performing in your career? (Scale 1-5)			
How well are you executing your personal goals (Your purpose)? (Scale 1-5)			
How optimistic/positive are you currently? (Scale 1-5)			
Do you have a written plan, addressing the above topics?			
Do you review your plan regularly?			