

**ENERGY AUDIT:
IDENTIFY QUICK
WINS TO INCREASE
FUEL IN THE
TANK™**



UN®

Our Energy is our responsibility (and in our control)... Simple, but not always easy.

Grab a pen and a paper

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What's your current energy? (Out of 10)

What's your why to improve energy? (Healthy choices easier with clear reason)

Misalignment between choices and values = More difficult life

What are your reasons?

1. Business Fitness

Question	Is it an Energy Booster or Drainer?
1. Do you have a clear and exciting vision for your future? (Fuel)	1.
2. Do you have short/medium term goals that excite you? (Fuel)	2.
3. Do you have a why for your goals and vision that is bigger than yourself? (eg., impact on loved ones)	3.
4. Are you spending most of your days on tasks that energise you/fill you with a sense of purpose?	4.
5. Do you regularly reflect on things that are going well/wins?	5.

2. Mental & Physical Fitness

Disclaimer: I'm not a doctor/Nutritionist

Question	Is it an Energy Booster or Drainer?
Foods can be energy drainers: Do you eat the following? 1. Seed Oils (e.g, paul, sunflower, corn, canola oils) 2. Processed Meats (e.g, canned meat, hot dogs) 3. Processed Grains (e.g. white bread, tortillas, crackers) 4. More than 10 grams of refined sugar (e.g. drinks, sweets, cakes, but does not inc. natural sugars e.g. fruits) 5. Artificial Sweeteners (e.g. aspartame, sucralose)	1. 2. 3. 4. 5.
Foods can be energy boosters 6. Do you eat 30g of fibre? (e.g. legumes, veg, whole grains, nuts, seeds) 7. Do you eat high-quality protein? (e.g. Fish: Fish ideally wild - not farmed, avoiding lots of large fish containing mercury - tuna, swordfish etc) 8. Do you eat high-quality protein? (e.g. meat: ideally organic/grass-fed) 9. Do you eat high-quality protein? (e.g.veg: peas, quinoa, lentils ideally organic) 10. Do you eat high-quality fats? (containing omega 3 e.g. salmon, avocado, nuts) 11. Are you hydrating your body? (e.g. litres water per day)	6. 7. 8. 9. 10. 11

A healthy gut is also an energy booster.. 12. Do you eat unsweetened probiotic foods? (e.g. unsweetened yoghurt, kimchi, sauerkraut) Sleep is probably the no 1 performance enhancer for mental athletes.. 13. Can you fall asleep easily nearly every night? (If not opportunity to look at sleep habits and/or calming nervous system at night eg. with 5 mins of conscious slow breathing) 14. Do you wake up during the night/before alarm? (if so, if you snore, need to pee, wake up with a dry mouth - probably mouth breathing and we can quickly fix that) 15. Do you wake feeling rested? (If no opportunity to improve sleep quality and/or quantity - most people need 7-8 hours of sleep) 16. Do you have a consistent time you get to sleep and wake? (If not opportunity to address circadian rhythm) Exercise 17. Do you move your body regularly? (Ideally min. 7k steps per day). 18. Do you do any kind of strength and resistance training? (Ideally at least 30 mins x3 per week) 19. If you track your health data , what is your resting heart rate? (e.g. average for last month: ideally less than 60bpm) 20. Stress can boost or drain energy	12. 13. 14. 15. 16. 17. 18. 19. 20.
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21. Do you have strategies/techniques that help you switch off? (e.g. on evenings and weekends? if not opportunity to introduce stress reducing activities e.g. breathwork, meditation, moving body.	21.
22. Do you spend more of your time in pleasant or unpleasant emotional states? (Do you have ways of shifting state?)	22.
23. Do you generally feel hopeful about the future? (if not opportunity to look at rewire beliefs e.g. journaling/review plans/visualisation)	23.
24. If you track health data, what is your HRV? Is your average HRV increasing? (This is your body's capacity to handle stress)	24.

3. Key Relationships

Question	Answers
1. Do you have a trusted person you can talk to openly about the stuff you are going through?	1.
2. Who are the 5 people you spend most of your time with? Do they give you energy? or Drain your energy?	2.
3. Who do you want to spend more time with?	3.
4. Who do you want to spend less time with?	4.

4. Living Life And Having Fun

Question	Answers
Memories	
1. What do I want to experience?	1.
2. What ADVENTURES do I want to have?	2.
3. What do I want to CREATE?	3.
4. What/Who do I want to SEE?	4.
5. Where do I want to VISIT?	5.
6. What do I want to TRY?	6.
7. What do I want to DISCOVER?	7.
8. HOW do I want to LIVE my life?	8.
9. What do I want to enjoy MASTERING?	9.
10. Do you have an excitement list?	10.
11. Do you have things planned that you're excited about?	11.
12. Do you have interests outside of work that excite you?(e.g. hobbies, activities, outlets for creativity)	12.

Contribution
"Your life is not about YOU. It's It's about the lives of EVERYONE you touch. And the SOONER you realise this the better off you will be." Think about WHO, not HOW. The more you give the more you get. WHO can you have an IMPACT on? WHO can benefit from you being on FIRE? EVERY DAY you have the opportunity to be the BEST part of someone's day. How will I contribute? What legacy can I create? What can I give? Time. Opportunities. Money. Knowledge. Connections.

Progression
How do I want to GROW?
Who do I need to BECOME?
Fitness, knowledge, skills?
What role do I need to play to my FAMILY?
What ROLE do I need to play in my inner circle?
How do I need to grow in my business/career/financial life? What skills?
How will I make myself more VALUABLE to the market?
What bad habits/traits do I need to let go of?
What sacrifices do I need to make to achieve my vision?

What Small Action(s) Will You Take?

Key Takeaways?