



Transform the way you live and lead.

Get Clarity

Personal Energy Survey

We all spend considerable time and focus to determine where our energy and thoughts are on a daily basis. The goal is to stay conscious so we recognize when we have a need to shift "something." To be effective it's important to have a grasp on what that "something" is. It's not always clear. We've developed the following Personal Energy Assessment as another tool to get clarity. We hope you find it a helpful guide.

Complete the following Personal Energy Survey. Rate each pair of statements on a scale of 1 to 10.

A. My decisions are fear based/reactive	1	2	3	4	5	6	I trust myself to make grounded decisions	7	8	9	10
B. I am often deeply exhausted	1	2	3	4	5	6	I feel excitement in my life every day	7	8	9	10
C. I am often anxious and stressed	1	2	3	4	5	6	I am always enthusiastic about my life	7	8	9	10
D. I am frequently resistant and defiant	1	2	3	4	5	6	I am dedicated and commit to my choices	7	8	9	10
E. I trust only myself to do it right	1	2	3	4	5	6	I know my strengths; only do what I do best	7	8	9	10
F. I've always done it this way	1	2	3	4	5	6	I am curious about what's new and possible	7	8	9	10
G. I struggle and do it "even if it kills me"	1	2	3	4	5	6	I experience easy flow; things fall into place	7	8	9	10
H. I wish things were different	1	2	3	4	5	6	I live in the moment with playful joy	7	8	9	10
I. Life is never good enough	1	2	3	4	5	6	I am grateful about my life every day	7	8	9	10
J. I sacrifice my needs for others	1	2	3	4	5	6	I align my actions to my own values	7	8	9	10

Add your score from all 10.

90 - 100: Excellent energy management skills.
60 - 90: Reasonable energy management skills
40 - 60: Significant energy management deficits
10 - 40: A full-fledged energy management crisis.

Like any self-assessment, its value is to increase your awareness of what's needed to improve your performance. Then you need to take action wherever you discover you are draining your vital energy. What will help you change your thoughts and shift your energy in this moment? What tools, rituals, action steps will you use to sustain this new increase in energy? Clarity International has several options that you will find helpful: [Clarity Workshops and Retreats](#) and [Clarity Products](#). Contact us today to learn how to live your life lights-on and with Clarity!