



## Energy Audit Guide

Notice how energized or charged you feel in each area on a scale of 0 to 10, with 0 being absolutely empty and 10 being fully fueled.

### Five Energy Domains

Physical \_\_\_\_\_

Emotional \_\_\_\_\_

Mental \_\_\_\_\_

Spiritual \_\_\_\_\_

Social \_\_\_\_\_

Total score = \_\_\_\_

Score x 2 = \_\_\_\_

Percentage charged = \_\_\_\_%

## Energy Audit: Examples

Notice how energized or charged you feel in each area on a scale of 0 to 10, with 0 being absolutely empty and 10 being fully fueled.

### Five Energy Domains

Physical 8

Emotional 8

Mental 7

Spiritual 9

Social 8

Physical 6

Emotional 6

Mental 4

Spiritual 5

Social 4

Total score = 40

Score x 2 = 80

Percentage charged = 80%

Total score = 25

Score x 2 = 50

Percentage charged = 50%