| Today's Date: | |
|---------------|--|
|---------------|--|

MY Energy Equation Status

| # | Principle | -10 | -5 | 0 | 5 | 10 | Today's SCORE | GOAL SCORE: |
|---|---|--|---|---|--|---|------------------|-------------|
| 1 | Take Back Your Power | I feel like I am a victim of lifeLIFE HAPPENS TO ME. | - I feel like a victim in MOST aspects of my life -I take active steps in SOME areas of my life | - I feel like a victim in aspects of my life -I take active steps in SOME areas of my life | - I feel empowered in my life - I take active steps in MOST areas of my life | - I feel empowered in my life - I take active steps in ALL areas of my life | | |
| 2 | Cover the Basics Fresh Air Natural Light Sleep | I get NEARLY NO natural light or fresh air - I have INSOMNIA - I WAKE UP during the night - I sleep less than 4 HOURS a night | I spend time near an outside WINDOW daily - I have INSOMNIA - I WAKE UP during the night - I sleep 4 -5 hours a night | I get 5-15 minutes outside daily - I have INSOMNIA - I WAKE UP during the night - I sleep 5-6 hours a night | I get 15-30 minutes outside daily - I fall ASLEEP EASILY - I STAY ASLEEP all night - I sleep 6-7 hours a night | I get 30-60 minutes outside daily - I fall ASLEEP EASILY - I STAY ASLEEP all night - I sleep 7-8 hours a night | | |
| | • Exercise | I am a COUCH POTATO | I SIT most of the day at work but get exercise in my DAILY ACTIVITIES after work | I get exercise all day in my DAILY ACTIVITIES by having an active job, taking steps, parking at a distance | I get 10-30 MINUTES of exercise in addition to my daily activities each day | I get 30-60 MINUTES of exercise in addition to my daily activities each day | | |
| 3 | Consume Consciously | 0 – 20% of my diet is whole foods | 20-40% of my diet is whole foods whole foods = foods God ma | 40-60% of my diet is whole foods | 60-80% of my diet is whole foods | 80 -100% of my diet is whole foods | | |
| 4 | Believe in the Blessings | I RARELY see the blessings situations that occur | I see the blessings in NOW/THEN in situations that occur | I see the blessings in SOME situations that occur | I see the blessings in MOST situations that occur | I see the blessings in nearly EVERY situation that occurs | | |
| 5 | Take Charge of Your Thoughts | I struggle to think positive POSITIVELY; when negative thoughts occur they tend to HANG AROUND | I think positive thoughts SOMETIMES; when negative thoughts occur they tend to HANG AROUND | I think positive thoughts OFTEN ; when negative thoughts occur they tend to HANG AROUND | I think positive thoughts MOST of the day; when negative thoughts occur I dismiss them IMMEDIATELY | I think positive thoughts ALL day; when negative thoughts occur I dismiss them IMMEDIATELY | | |
| 6 | Conserve & Control Your Energy | - I DON'T KNOW WHAT IT MEANS to release all that isn't mine or energetically shield I am so EXHAUSTED there isn't a word for it. | -I RARELY I energetically RELEASE all that isn't mine & RARELY apply a protective energetic SHIELD I TIRED most of the time and don't enjoy life. | - SOME mornings I energetically RELEASE all that isn't mine & apply a protective energetic SHIELD I FORGET TO RE-SHIELD before intense encounters I feel like most of the time I mostly JUST EXIST. | - MOST mornings I energetically RELEASE all that isn't mine & apply a protective energetic SHIELDI RE-SHIELD before intense encountersI feel ALIVE but LOW ENERGY. | - EACH morning I energetically RELEASE all that isn't mine & apply a protective energetic SHIELD I RE-SHIELD before intense encounters I feel FULL OF LIFE and positive energy. | | |

| # | Principle | -10 | -5 | 0 | 5 | 10 | Today's SCORE | GOAL SCORE: |
|-------|--|---|---|--|--|--|------------------|-------------|
| 7 | Monitor your Feelings Barometer Negative feelings feel "BAD" = anger, resentment, fear, guilt, shame, worry | I LIVE in negative feelings & haven't been able to use them as a signal system | - I become aware of negative feelings IN TIME - I identify the source IN TIME - I DON'T take corrective action | - I become aware of negative feelings IN TIME - I identify the source IN TIME - I am SLOW in taking corrective action | - I become aware of negative feelings QUICKLY - I identify the source QUICKLY - I DELAY taking corrective action | - I become aware of negative feelings QUICKLY - I identify the source QUICKLY - I corrective action QUICKLY | | |
| 8 | Listen & Follow | I DON'T have a SPIRITUAL practice | - I PRAY SOME DAYS - I DON'T LISTEN for guidance | - I PRAY DAILY - I DON'T LISTEN for guidance | - I stay CONNECTED to spiritual guidance ALL day - I LISTEN to my guidance all day - I DON'T FOLLOW my guidance all day | - I stay CONNECTED to spiritual guidance ALL day - I LISTEN to my guidance all day - I FOLLOW my guidance all day | | |
| 9 | Take it Slow | I am ALWAYS ON THE GO | I slow down for 5-30 MINUTES 2-3X/WEEK | I slow down for 30- 60 MINUTES 2- 3X/WEEK | I slow down for 5-30 MINUTES/DAY | I slow down for 30-60 MINUTES/DAY | | |
| 10 | Love & Let Go Let go of: Expectations People Patterns | It is hard for me to see that I should let go; I am usually UNSUCCESSFUL in letting go. | I sometimes realize I should let go; I STRUGGLE in letting go. | I become aware that that I need to let go IN TIME; I DELAY in letting go or have TROUBLE LETTING GO. | I become aware that that I need to let go pretty quickly; I let go QUICKLY 60- 80% OF THE TIME. | I let go soon as I become AWARE . | | |
| | | | | | | TOTAL | | |
| If yo | u scored: -130 to -71: -70 to -21: -20 to 29 30 - 79: 80 - 130: | You live in a danger zone You are doing OK. You ha | ate steps to avoid long term of and need to take immediate a ave a mix of strengths and we need to be more consistent. | action. | trengths. Get to work on t | the weak ones. | | |

| What % of time do you spend in each zone? | | | |
|---|---------------------|-------|------|
| | | Today | Goal |
| RED: | very stressed | | |
| Yellow: | moderately stressed | | |
| Green: | peaceful | | |

| On a scale of 1-10, 10 being highestrate the following characteristics of your life: | | | | |
|--|-------|------|--|--|
| | Today | Goal | | |
| Health | | | | |
| Peace | | | | |
| Joy | | | | |
| Balance | | | | |

ACTION PLAN:

| 1. | |
|----|--|
| 2. | |
| 3. | |