

Harvard Energy Audit (slightly adapted) – Energy Assessment

UO Leadership Academy

Please check the statements below that are true for you RIGHT NOW (this past week).

Body

- I don't regularly get at least seven to eight hours of sleep, and I often wake up feeling tired.
- I frequently skip breakfast, or I settle for something that isn't nutritious.
- I don't work out enough (meaning cardiovascular training at least three times a week and strength training at least once a week.)
- I don't take regular breaks during the day to truly renew and recharge, or I often eat lunch at my desk, if I eat it at all.

Emotions

- I frequently find myself feeling irritable, impatient, or anxious when working.
- I don't have enough time (or I have too much time) with my family and loved ones, and when I'm with them, I'm not always really with them.
- I have too little time for, or am unable to participate in, the activities that I most deeply enjoy.
- I don't stop frequently enough to express my appreciation to others or to savor my accomplishments and blessings.

Mind

- I have difficulty focusing on one thing at a time, and I am easily distracted during the day, especially by e-mail (or Zoom, Teams, Slack, Canvas, Messaging etc.).
- I spend much of my day reacting to immediate crises and demands rather than focusing on activities with longer-term value and high leverage.
- I don't take enough time for reflection, strategizing, and creative thinking.
- I work in the evenings or on weekends, and I almost never take an e-mail-free day.

Spirit

- I don't spend enough time while working doing what I do best and enjoy most.
- There are significant gaps between what I say is most important to me in my life and how I actually allocate my time and energy.
- My decisions while working are more often influenced by external demands than by a strong, clear sense of my own purpose.
- I don't invest enough time and energy in making a positive difference to others and to the world.

What do you need to work on? (Number of checks in each category)

Body _____
Mind _____
Emotions _____
Spirit _____