

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 life... LIFE 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							
	<ul style="list-style-type: none"> Fresh Air Natural Light 	I get NEARLY NO natural light or fresh air	I spend time near an outside WINDOW daily	I get 5-15 minutes outside daily	I get 15-30 minutes outside daily	I get 30-60 minutes outside daily		
	<ul style="list-style-type: none"> Sleep 	- I have INSOMNIA - I WAKE UP during the night - I sleep less than 4 HOURS a night	- I have INSOMNIA - I WAKE UP during the night - I sleep 4 -5 hours a night	- I have INSOMNIA - I WAKE UP during the night - I sleep 5-6 hours a night	- I fall ASLEEP EASILY - I STAY ASLEEP all night - I sleep 6-7 hours a night	- I fall ASLEEP EASILY - I STAY ASLEEP all night - I sleep 7- 8 hours a night		
<ul style="list-style-type: none"> 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 <i>whole foods = foods God made; fruits, vegetables, meats, seafood, nuts, water, etc</i>	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 SHIELD. - I RE-SHIELD before intense encounters. - I 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 you scored: -130 to -71: You need to take immediate steps to avoid long term disruption to your life.
 -70 to -21: You live in a danger zone and need to take immediate action.
 -20 to 29 You are doing OK. You have a mix of strengths and weak areas. Keep up the strengths. Get to work on the weak ones.
 30 – 79: You are doing well but need to be more consistent.
 80 – 130: You're a star today. Keep up the great work.

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 highest....rate the following characteristics of your life:		
	Today	Goal
Health		
Peace		
Joy		
Balance		

ACTION PLAN:

1. _____
2. _____
3. _____