

The Wheel of Energy

(Chapter 2)

Another helpful tool for assessing your energy is the wheel of energy, a visual self-assessment that let you quickly see where your energy is thriving and where it may need more attention.

Let's break down the eight key areas of energy management you can assess. As you read through each question, give yourself an honest score from 1 (very dissatisfied) to 10 (fully satisfied) based on an average week.

- 1.** Sleep and Rest: How satisfied are you with the amount of deep, restorative sleep that you get? Quality downtime is essential for your body and mind to recover and recharge.
- 2.** Nutrition: How satisfied are you with the amount and quality of fuel that you put in your body? Consistently choosing nourishing foods and drinking enough water directly impacts your energy and overall vitality.
- 3.** Exercise: How satisfied are you with the level of regular exercise and movement that you do? Engaging in physical activity boosts energy, lifts your mood, and helps release stress.
- 4.** Mental Focus: How satisfied are you with your ability to concentrate and stay sharp throughout each day? Managing distractions and maintaining mental clarity allows you to tackle tasks without feeling drained or scattered.
- 5.** Emotional Resilience: How satisfied are you with your ability to handle stress and emotional ups and downs? Building resilience helps you bounce back from challenges and maintain emotional balance.
- 6.** Relationships: How satisfied are you with the quality of your social interactions? Nurturing, positive, and supportive relationships can uplift and inspire you.
- 7.** Spiritual Alignment: How satisfied are you with your connection to a greater purpose or sense of meaning? Inner alignment brings inspiration and inner peace to everyday life.
- 8.** Physical Environment: How satisfied are you with your home and workspace set-up and organization? An organized, uplifting environment supports your well-being and motivation.

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Rate yourself on these 8 dimensions and connect the dots, as in the example, to visualize how balanced your energy truly is.

example

