

MY ENERGY CHECK



DATE: 17 April 2026 – to compare your results in a few months ☺

Your energy is like the battery in your phone; you want to keep it charged so you can use it when you need it.

There are ‘five batteries’ that recharge and drive the main dimensions of your energy: Physical, Mental, Emotional, Spiritual, and Social. The 50 statements you just evaluated are key factors (behaviors, facts, habits, and mindsets) showing how you care for each battery: low, medium, or high level of care.

They do not measure your energy level, which fluctuates constantly!

Your Energy Check helps you assess how to be at your best more often across all five dimensions.

A quick definition of your ‘batteries’:

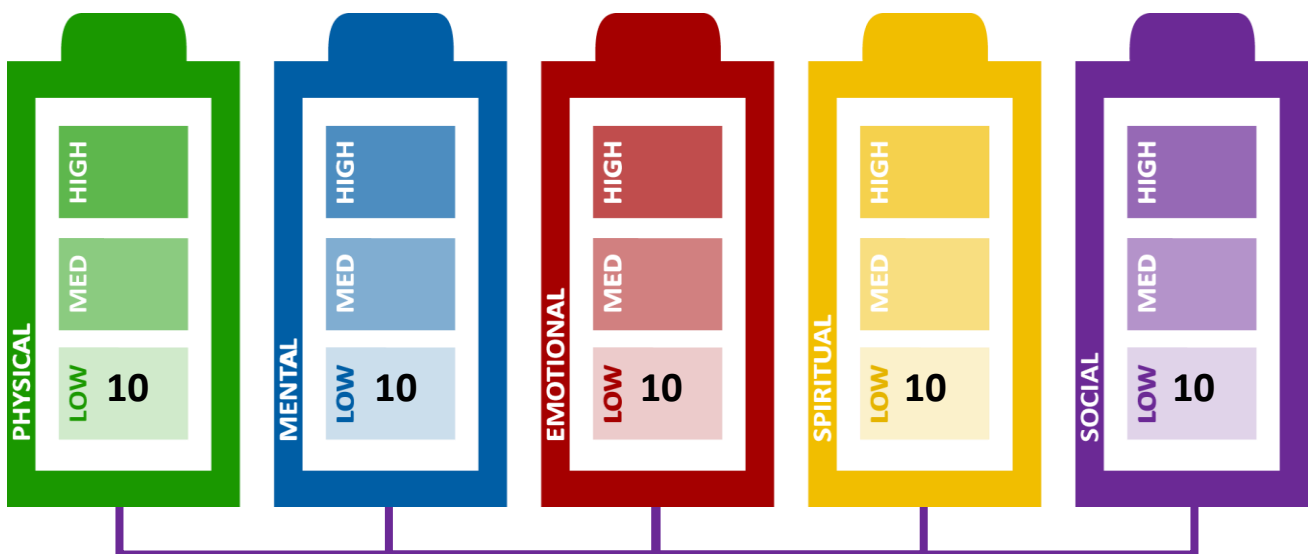
- **PHYSICAL:** your health, stamina, and vitality
- **MENTAL:** your clarity, focus, and intellectual agility
- **EMOTIONAL:** your resilience, creativity, and emotional self-regulation
- **SPIRITUAL:** your values, motivation, and a sense of purpose
- **SOCIAL:** your context: surroundings, relationships, and professional environment

1. ASSESS THE BIG PICTURE

Let us start by looking at the big picture: your total scores. What are your first impressions? Do you recognize any patterns? What surprises you? Which is your most stable battery, and what impact does it have?

Reminder: the batteries are interdependent, and the 50 factors constantly influence how you think, feel, and act. These five dimensions are only a metaphor for managing your energy more effectively. You and your dynamics are far more complex and unique!

LOW CARE: 10-30 • MEDIUM CARE: 31–39 • HIGH CARE: 40-50



LOW

A low score (less than 31, or much lower compared to your other dimensions) is often due to one or more of the following:

- You are neglecting that battery
- You are focusing your energy on the other dimensions and
- Events in your life are affecting it

Most of the time, you can take actions to change it, but sometimes you cannot (e.g., a newborn impacts your sleep, your team does not get along, you work in a crisis zone), and you need to focus on balancing out the impact thanks to the other batteries.

You could leverage this battery more.

HIGH

A high score (more than 39, or much higher compared to your other dimensions) is often due to one or more of the following:

- You are excellent at taking care of that battery
- You focus most of your energy here, perhaps to the detriment of the other battery
- Events in your life are helping you to care for it

A high score could mean that the battery is your strongest, your 'secure base,' which remains stable even during challenging times.

Be mindful not to overutilize it and keep learning how to leverage the other batteries.

QUESTIONS TO GO FURTHER

- How do I feel (not only think!) about my results overall?
- Which aspects of my life are my results helping? Which aspects of my life are hindering?
- Which battery do I pay the most attention to? What is the short-term impact? The long-term one?
- Which battery do I pay the least attention to? What is the short-term impact? The long-term one?
- What could I develop further? Consider also your medium and high scores...not only the low ones!
- Which low scores can I change and which ones do I need to accept - at least for now?

2. IDENTIFY YOUR MOST RELEVANT FACTORS

Now, go back to the 50 factors – these are the behaviors, facts, mindsets, and habits that sustain your energy.

The lower the scores, the more your 'Drainers' impact the smooth flow of your well-being. Drainers are like holes in a bucket; it is better to first repair or at least shrink the size of the holes, and only after to pour water into it.

The higher the scores, the stronger your 'Rechargers'. Rechargers replenish your energy and help you to thrive.

Which are your most important Drainers? And your most important Rechargers?

Some factors are similar across the 'five batteries' because they impact multiple dimensions. They are also not 'equal' in their impact since a major physical issue will drain you much more than an emotional issue, at least in the short term.

UNDERLINED INDICATORS HAVE HYPERLINKS TO MORE INFORMATION OR PRACTICAL TIPS

Frequency: ① Almost never ② Rarely ③ Sometimes ④ Frequently ⑤ Almost always

PHYSICAL—Total Score: 10

THE QUANTITY OF YOUR ENERGY

Nulla provident nostrum voluptatibus omnis ea illo.	1
Earum est nihil impedit voluptatem sit enim rerum enim placeat et.	1
Nam hic molestiae vitae excepturi.	1
Qui nam quasi porro dignissimos est qui.	1
Porro expedita nulla aliquam tempore delectus libero voluptatum tempora expedita modi ipsum.	1
Autem similique amet id expedita rerum voluptatem eum at omnis ea.	1
Natus tempora explicabo dolores voluptatibus sint illo sit voluptatem doloribus est.	1
Sed qui dolor eligendi odio id est commodi.	1
Exercitationem deserunt voluptas et atque praesentium et et facere.	1
In autem perspiciatis sint ab quibusdam voluptas enim ut.	1

MENTAL—Total Score: 10

THE FOCUS OF YOUR ENERGY

Voluptatem cumque in debitis amet consequatur dolor.	1
Eius libero possimus et eum laboriosam rerum.	1
Voluptatem quas excepturi et enim in.	1
Ab sed ipsum sapiente adipisci dolorum porro at sit ipsa beatae.	1
Dolores sint provident atque qui nostrum inventore dolorem aspernatur qui aut quia.	1
Doloribus repellat est quod aut veritatis sed aut aliquam temporibus itaque.	1
Illo inventore laborum dolorem et omnis sed libero aspernatur quidem facilis.	1
Voluptas ab dolorem molestiae nihil nihil.	1
Rerum quis distinctio impedit est dicta et sint.	1
Velit iure reprehenderit vero ab quia voluptas consequatur.	1

EMOTIONAL—Total Score: 10

THE QUALITY OF YOUR ENERGY

Ut illo consequatur cumque quia voluptas harum dolorem.	1
Possimus est alias cupiditate sit molestiae.	1
Consectetur rerum et ad molestiae reiciendis ipsam maiores aut.	1
Quisquam recusandae asperiores cumque earum a eveniet consequuntur quia sed.	1
Aut et quia praesentium id perferendis.	1
Aspernatur sunt ea ut sed neque debitis est.	1
Sapiente inventore illo expedita perspiciatis minus dolores eum.	1

Placeat cumque sit quis est explicabo ab corporis alias ex praesentium adipisci.	1
Consequatur corrupti cupiditate ut assumenda autem commodi quia non tempore.	1
Harum voluptate ullam minus non repudiandae.	1

SPIRITUAL—Total Score: 10

THE PURPOSE OF YOUR ENERGY

Numquam alias fugiat voluptates porro provident nesciunt ex in minus dolor.	1
Ab reprehenderit occaecati incidunt ut natus beatae vitae explicabo tempore.	1
Iusto ipsum sed aut et hic.	1
Voluptas recusandae similique rerum ullam minus molestiae et aspernatur culpa.	1
Laudantium sint ab quisquam molestias libero sed iste labore et facere.	1
Illum ratione enim tempora error illum corrupti rerum voluptatem est.	1
Ut iste autem rerum ipsa in ut expedita.	1
Voluptate nobis sint cumque mollitia tempora.	1
Sed quae et sunt expedita nobis illum.	1
Id reprehenderit eaque atque dolores eius harum qui.	1

SOCIAL—Total Score: 10

THE CONTEXT OF YOUR ENERGY

Minus cumque id sed eum ea non.	1
Aut autem exercitationem est ea qui dolore qui temporibus id.	1
Consequuntur in a maxime sint tempora.	1
Illum sint culpa quis quis ut at.	1
Non quia numquam provident explicabo numquam quisquam id officia magnam.	1
Soluta impedit quisquam recusandae quasi reprehenderit voluptatibus maxime cupiditate recusandae.	1
Quasi quam non provident hic cumque mollitia non eum occaecati qui.	1
Dolorem praesentium maiores dolores exercitationem eveniet explicabo quis.	1
Voluptatem doloribus a soluta voluptatem modi.	1
Sit deserunt soluta doloribus earum dicta dolorem dicta animi.	1

3. IMPLEMENT NEW MINI-HABITS

For sustainable change, apply the Mini-Habit method. Choose 1 small action that is meaningful for you that you can repeat frequently (4-5 times per week) and do even if you are very busy or tired. For example: go to bed 10 minutes earlier, take a 2-minute break every hour, notice 1 uplifting event.

Choose one. Yes! Start with 1 Mini-Habit that appeals to you. Choose an easy one, then move on to the more challenging actions. Focus on successfully taking each step and moving forward.

Even if you feel a bigger challenge would have a greater impact, sustainable change and lasting new habits come from compounding small steps. I suggest that you redo your Energy Check after a few months. It will help you notice your progress. *‘Practice makes possible long before it makes perfect.’*

[Click here for a short bibliography about Personal Energy Management and Mini-Habits.](#)

4. NEXT STEPS TO SUSTAIN YOUR CHANGES

These are more resources to support your new habits:

1. Would you like to receive new practical tips? Join my private LinkedIn group and receive a post every 5-6 weeks on your LinkedIn Home page. [Manage your Energy - Be your Best & Give your Best.](#)
2. Would you like to know more about the battery framework? Read [the article in the Harvard Business Review.](#)
3. Would you like to summarize your next steps? [Download a template.](#)
4. The Energy Check is based on the updated edition of my book: [Recharge Your Batteries](#)- co-authored with Robert Vilkelis and endorsed by Michael Watkins, the author of The First 90 Days.
5. Do you have questions? Reach out on LinkedIn: [Francesca Giulia Mereu.](#)

Wishing you good energy and thriving Mini-Habits!