



Energy Audit

Becoming an Expert in Your Own Energy

How to Use This Audit

This Energy Audit is not about maximising your energy or achieving perfect scores.

It is a tool for **discernment**.

Energy is a finite resource. Where you place it shapes what grows in your life. This audit is designed to help you notice how your energy is currently being spent, sustained, or quietly depleted across different areas of your experience.

There are no good or bad scores here. Higher or lower scores are simply **information**. They reveal patterns, imbalances, and areas that may benefit from greater care, protection, or nourishment.

Move through each section slowly. Answer honestly, based on your lived experience right now, not how you think you *should* feel.

Scoring Guide

- 1 – Strongly disagree
- 2 – Disagree
- 3 – Neutral / sometimes true
- 4 – Agree
- 5 – Strongly agree

Use the scores as signals, not judgements.

Spiritual Energy

Meaning, purpose, and inner alignment

Spiritual energy relates to your sense of meaning, values, and connection to something larger than day-to-day demands. It is not about belief systems or practices you “should” follow, but about whether your life feels oriented and coherent.

Rate each statement from 1–5:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	1	2	3	4	5
1. I have a sense of purpose or meaning that helps guide my decisions.					
2. I engage in activities that nourish my inner life, such as meditation, reflection, prayer, or time in nature.					
3. I feel a general alignment between my values and how I live and work.					
4. I experience moments of gratitude or appreciation on a regular basis.					
5. I allow space for stillness or reflection during my day.					

Spiritual Energy Score: ___ / 25

Reflection

If your spiritual energy feels depleted, this may point to a loss of meaning, direction, or inner coherence. It doesn’t mean you need to adopt new practices or beliefs. Often it simply reflects that life has become overly focused on demands, outcomes, or external expectations, with little space to reconnect to what matters most to you.

Spiritual energy is restored through alignment, not effort.

Prompt

- What currently gives your life a sense of meaning or orientation?
- Where might you be expending energy on things that no longer align with your values?
- What would it look like to gently nourish meaning, rather than searching for more?

Emotional Energy

Capacity, connection, and self-compassion

Emotional energy reflects your ability to experience emotions without becoming overwhelmed, suppressed, or depleted by them. It includes your relationships, your inner dialogue, and your capacity for joy and hope.

Rate each statement from 1–5:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	1	2	3	4	5
1. I have people in my life I can rely on for emotional support.					
2. I am able to notice and express my emotions in healthy ways.					
3. I regularly engage in activities or relationships that bring me genuine joy.					
4. I treat myself with compassion rather than harsh self-criticism.					
5. I generally live from a place of hope rather than fear.					

Emotional Energy Score: ___ / 25

Reflection

Emotional energy is often depleted not by strong emotions, but by unexpressed, unacknowledged, or over-managed ones. Low scores here can reflect over-giving, people-pleasing, or a lack of emotional safety, rather than a lack of resilience.

Emotional capacity grows when feelings are allowed, not controlled.

Prompt

- Where do you feel emotionally overextended or under-supported?
- Are there relationships or situations that quietly drain more than they give?
- What boundary or softening might protect your emotional energy right now?

Mental Energy

Clarity, focus, and cognitive flexibility

Mental energy is not about thinking more or harder. It is about clarity, adaptability, and your ability to move between focus and perspective without becoming mentally overloaded.

Rate each statement from 1–5:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	1	2	3	4	5
1. I am generally able to focus my attention on what matters.					
2. I have ways of responding to stress that help me regain clarity.					
3. I can shift between detail-focused thinking and big-picture perspective when needed.					
4. I engage in activities that stimulate my mind in nourishing ways.					
5. I experience mental growth through integration and reflection, not constant information intake.					

Mental Energy Score: ___ / 25

Reflection

Mental fatigue is rarely about lack of intelligence or motivation. It often arises from constant input, decision overload, or the pressure to keep up. Low mental energy can be a signal that clarity is being crowded out by consumption.

Mental energy thrives on integration, not accumulation.

Prompt

- What information or mental demands feel essential, and which are habitual?
- Where might depth serve you better than breadth?
- What could you stop consuming to create more clarity?

Physical Energy

Rhythm, recovery, and bodily support

Physical energy reflects how well your body is supported through rest, movement, nourishment, and recovery. This is not about discipline or optimisation, but about listening to your body's signals.

Rate each statement from 1–5:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	1	2	3	4	5
1. I engage in movement that feels supportive rather than depleting.					
2. I get sufficient rest or sleep for my current needs.					
3. I nourish my body in ways that support sustained energy.					
4. I allow regular breaks and moments of physical release during my day.					
5. I pay attention to my body's signals and respond with care.					

Physical Energy Score: ___ / 25

Reflection

Physical energy fluctuates naturally and is deeply influenced by rhythm, rest, and recovery. Low scores here do not indicate failure or lack of discipline. They often reflect periods of sustained output without adequate restoration, or a disconnect from bodily signals.

Physical energy responds to listening, not pushing.

Prompt

- Where might your body be asking for recovery rather than more effort?
- Are you responding to fatigue with judgement or curiosity?
- What small act of care could support your body today?

Nervous System Energy

Regulation, safety, and capacity

Nervous system energy reflects your underlying state of regulation. It influences how much energy is available to you across all other domains. When the nervous system feels safe and supported, energy flows more easily. When it is overwhelmed or shut down, even simple tasks can feel exhausting.

Rate each statement from 1–5:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	1	2	3	4	5
1. I can recognise when my nervous system feels settled, activated, or overwhelmed.					
2. I experience a general sense of safety in my body during everyday life.					
3. I am able to rest without feeling guilty, restless, or anxious.					
4. I notice early signs of overwhelm and respond before reaching exhaustion.					
5. My energy fluctuations feel understandable rather than chaotic or confusing.					

Nervous System Energy Score: ___ / 25

Reflection

Nervous system energy underpins all other forms of energy. When the nervous system feels safe and regulated, energy becomes accessible. When it is overwhelmed or shut down, even simple tasks can feel exhausting. Low scores here are not a problem to fix, but information to listen to.

Regulation creates access.

Prompt

- Can you notice early signs of activation or overwhelm in your body?
- Where might rest, safety, or slowing down be more supportive than pushing forward?
- What helps your system feel settled enough to restore energy?

Energy Audit Summary

In order to review your results, transfer the scores from each energy section into the table below.

Area	Spiritual	Emotional	Mental	Physical	Nervous	TOTAL
Score						

This summary provides a snapshot of how your energy is currently distributed across different areas of your life. It reflects a point in time, not a fixed state or a measure of how well you are doing.

The scores are not intended to be compared, ranked, or improved as targets. Instead, they offer information about where energy feels more available and where it may be under strain right now.

When reviewing the table, look for patterns rather than totals. The relationships between areas are often more meaningful than individual numbers.

The reflections that follow invite you to bring these patterns together.

Reflective Integration

Rather than asking “How do I increase my lowest score?”, consider:

- Which areas feel overextended or under-protected?
- Where might energy be leaking without my awareness?
- What would selective growth look like right now?
- What is one area where removing pressure could restore energy?

Energy does not need to be forced. It needs to be **curated**.

Final Note

Becoming an expert in your own energy is an ongoing practice. This audit is not something to complete once and forget, but a tool you can return to as your life, capacity, and seasons change.

Discernment grows through listening.