

The Leadership Energy Audit

Awareness today. **Energy** tomorrow. **Impact** always.

WHY THIS MATTERS

Sustainable leadership starts with you. This quick audit helps you understand where your energy is thriving, where it's draining, and what will help you lead at your best.



HOW TO USE THIS TOOL

Rate each area from 1–5

1 = Low Energy

5 = High Energy

Be honest. This is for you.

YOUR ENERGY SCORE

1

Low

Drained

2

Struggling

Running on empty

3

Managing

Getting by

4

Strong

Sustainable energy

5

Thriving

Energised and flowing

THE 8 ENERGY AREAS

YOUR SCORE
(1–5)



1. MINDSET & FOCUS

I have clarity about my priorities and stay focused on what truly matters.



2. ENERGY & RESILIENCE

I manage my energy well and bounce back from challenges.



3. EMOTIONAL WELLBEING

I understand my emotions and respond rather than react.



4. RELATIONSHIPS & CONNECTION

I invest in authentic relationships and feel supported.



5. WORKLOAD & BOUNDARIES

I balance my workload and protect my time and boundaries.



6. PURPOSE & MEANING

I feel connected to my purpose and the impact of my work.



7. GROWTH & LEARNING

I keep growing, learning and challenging myself.



8. PHYSICAL WELLBEING

I look after my body, sleep, movement and nutrition.

YOUR RESULTS

Total Score _____
out of 40

What does your score tell you?



8 – 16

Your energy is low. You need to refuel and reset.



17 – 24

You're managing, but at risk of burnout.



25 – 32

You're building sustainable energy.



33 – 40

You're leading with high energy and wellbeing.

YOUR TOP 3 PRIORITIES

Where will you focus to create more energy?

- _____
- _____
- _____

**PAUSE.
REFLECT.
CHOOSE.**



What's one insight you're taking away from this audit?



What small change will create the biggest impact?



Who can support you in your wellbeing and energy goals?



YOUR COMMITMENT

I commit to leading myself well so I can lead others well.

Signed: _____
Date: _____



Great leadership doesn't happen by accident.

Check in. Recharge. Lead on purpose.