

## *The Energy Czar System*

### **What's your comfort level?**

For each item, circle the alternative that best fits you.

**SA** = strongly agree

**A** = agree

**N** = neutral

**D** = disagree

**SD** = strongly disagree

1. I usually have a lot of energy.    **SA   A   N   D   SD**

2. I get little pleasure out of working so hard that I am burned out.

**SA   A   N   D   SD**

3. I can renew my energy when I am tired. **SA A N D SD**
4. I can monitor my life so that I don't usually become too exhausted.  
**SA A N D SD**
5. I have generally been able to create an environment that allows me enough rest and relaxation. **SA A N D SD**
6. I rarely long for vacations or time off from work.  
**SA A N D SD**
7. I am able to get enough sleep most nights.  
**SA A N D SD**
8. I don't need a nap most days. **SA A N D SD**
9. I usually wake feeling refreshed. **SA A N D SD**
10. It's easy for me to get away and reduce my stress level.  
**SA A N D SD**
11. In my life, things usually seem effortless. **SA A N D SD**
12. I rarely get exhausted and stressed out. **SA A N D SD**
13. I have lots of drive to get things done. **SA A N D SD**
14. I have little trouble finding the motivation to accomplish my goals.  
**SA A N D SD**
15. I find my life exciting. **SA A N D SD**
16. I generally have the will to accomplish anything I choose to do.  
**SA A N D SD**
17. I have little trouble finding the right balance between work and fun.  
**SA A N D SD**
18. I have quite a bit of drive. **SA A N D SD**
19. I always make sure that I eat the proper foods.  
**SA A N D SD**
20. I rarely ignore my basic daily physical needs (thirst, hunger, elimination). **SA A N D SD**

**SCORING**

SA = 2 points

A = 1 point

N = 0 points

D = -1 point

SD = -2 points

**FOR THIS QUESTIONNAIRE**A score of 10 or above is *high*.A score of 5 to 9 is *medium*.A score of 4 or below is *low*.

Add to get your total Energy Czar Comfort Level score: \_\_\_\_\_.

**YOUR ENERGY CZAR COMFORT LEVEL SCORE**

If you scored 7 or above, your comfort level in the Energy Czar system is in the medium to high range. This means that you feel you have a lot of energy to accomplish the things you set out to do in your life.

If you scored below 7, you have some trouble managing your energy level so that you can do the things in your life you value. You may feel tired a lot and you feel it's difficult for you to rejuvenate yourself.

**Is your life in sync with your Energy Czar system?**

Next, evaluate your current experience with the Energy Czar system by answering these questions. For each item, circle the alternative that best fits you.

1. My life is currently too tiring. **SA A N D SD**
2. My job is exhausting. **SA A N D SD**
3. The demands on me are unreasonable, and I am burning out trying to meet them. **SA A N D SD**
4. There is so much stimulation in my life that it's ruining my sleep.  
**SA A N D SD**
5. Life is wearing me out. **SA A N D SD**
6. I am "wiped out" a lot. **SA A N D SD**
7. I haven't had a vacation in a long time. **SA A N D SD**
8. I don't have very much balance in my life right now.  
**SA A N D SD**
9. I yearn for more calm. **SA A N D SD**
10. There are too many stressful days in my everyday life.  
**SA A N D SD**

**SCORING**

**SA** = 2 points

**A** = 1 point

**N** = 0 points

**D** = -1 point

**SD** = -2 points

Add to get your total Energy Czar Current Life score: \_\_\_\_\_.

**YOUR ENERGY CZAR CURRENT LIFE SCORE**

If you scored 5 or above, you feel that your current life understimulates your Energy Czar system. You need more opportunities to restore your Energy Czar than your current life provides.

If you scored below 5, you are feeling "just right" related to your Energy Czar. You are managing the flow of energy in your life well right now.