

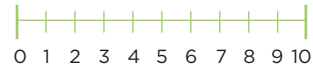
The 5 Energy Drivers

“FUEL YOUR FIRE” PLAN

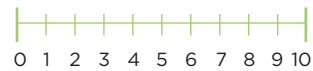
MOVE

Things to try:

1 I get up and move regularly throughout the work day.



2 I have a consistent exercise program that boosts my energy.

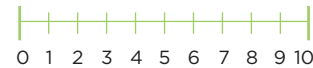


YOUR SCORE | |

EAT

Things to try:

3 I eat in a way that provides sustained energy throughout the day.



4 I have a pattern of eating nutritious food at every meal.



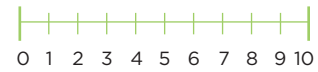
YOUR SCORE | |

“FUEL YOUR FIRE” PLAN

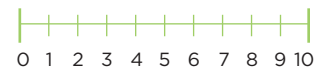
SLEEP

Things to try:

5 I get at least seven hours of sleep each night.



6 I am satisfied with the quality of sleep I get each night.



YOUR SCORE

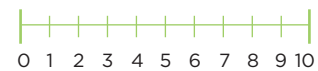
RELAX

Things to try:

7 I have an effective coping strategy to deal with stress.



8 My lifestyle supports my ability to manage stress.



YOUR SCORE

The 5 Energy Drivers

“FUEL YOUR FIRE” PLAN

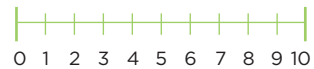
CONNECT

Things to try:

9 I take time to connect regularly with the important people in my life.



10 I regularly connect with the purposes and values that make my life meaningful.



YOUR SCORE _____

Score: 0-6 Problem Area 7-15 Average 16-20 Doing Great

Which driver will you work on?

What specific actions will you take?