The Energy Inventory



A reflection tool for taking stock of your energy across six batteries. Energy doesn't stop at the office door, so this covers your whole life: work, home and everything in between. It takes about 15-20 minutes.

This is private

The inventory asks about your health, habits, money, home and relationships as well as your work, because all of them affect your energy. That makes your answers personal.

- Your completed sheet, scores and notes belong to you alone. Nobody has the right to ask to see them, including your manager, HR, a colleague or a coach. You never have to share them.
- You can skip any statement you don't want to answer.
- Keep your completed copy somewhere private. If you complete it on a shared computer or shared drive, don't save it there.

How to use it

This is a reflection tool, not a test and not a validated assessment. It is not meant to create new conditions for how you value yourself. If scoring starts to feel like a new way of judging yourself, stop and go for a walk instead.

1. Think about your life as a whole over the last month.
2. Each battery has four 'cells' (sections). Read the statements in each cell, then give the cell one score from 0 to 5, where 0 means not at all true and 5 means totally true. Go with your gut. If you skip a statement, score the cell on the ones you did answer.
3. Every battery is scored out of 20, so you can compare them directly. The total is out of 120.
4. Some statements are about work and some about life outside it. Answer for whichever applies to you.

If you're struggling with something serious, talk to someone you trust, your doctor, or a support service.

If you manage people: please read the last page before you share this with anyone. You should not ask to see anyone's completed inventory.

This tool is based on the Energy Inventory tool created by John Niland, Self-Worth Academy. All rights reserved. Used under licence by Meaningful Few Ltd.

SELF WORTH ACADEMY

1. Physical energy

The basic fuel for our days: how we eat, drink, move, sleep and play.

1.1 Food

- I eat a healthy balance of carbs, protein and fibre.
- I eat regularly and don't skip meals when I'm busy.
- I don't rely on sugar, chocolate or comfort-eating to get through the day.
- I feel generally comfortable with my body, and my weight feels stable and healthy for me.

Score (0–5): _____

1.2 Drink

- I drink enough water through the day.
- My caffeine helps me more than it hurts, and I avoid it late in the day.
- I rarely drink sugary drinks.
- My alcohol consumption is within healthy limits.

Score (0–5): _____

1.3 Exercise and movement

- I walk for at least 30 minutes on most days.
- I do cardiovascular exercise at least twice a week, at a level that suits me.
- I look after my flexibility, through yoga, stretching, dance or similar.
- I take a physical break in the working day, even for 10 minutes.

Score (0–5): _____

1.4 Sleep, rest and play

- I wake at a time that suits me and usually feel rested.
- I wind down before bed, away from work and mental effort.
- I get enough sleep to feel at my best on most days.
- I have several sources of pleasure in my life: things I enjoy for their own sake.

Score (0–5): _____

Physical energy, total (max 20): _____

2. Environmental energy

The energy and confidence that come from how we organise daily life, the spaces and support around us, and the culture we work in.

2.1 Self-organisation

- I have some focus time each day when I'm not interrupted by email or messages.
- My daily to-do list is realistic: I delegate or drop what doesn't fit.
- I plan the day, week and month ahead, so life doesn't just happen to me.
- I'm usually punctual, with some time in reserve.

Score (0–5): _____

2.2 Physical environment

- My workspace, at the office or at home, has enough space, light and air.
- My technology and my transport are reliable enough that they rarely get in my way.
- I feel good in my home, I'm happy for people to visit, and there is beauty in my life.
- My papers and bills are up to date and filed away.

Score (0–5): _____

2.3 Support and security

- At work, I have reliable support (IT, admin, finance, legal) so I can focus on my core job.
- When I get stuck, I can usually ask for help.
- I'm not carrying tax, legal or residency worries, and my insurance feels adequate.
- Beyond prudent planning, I'm not worrying about money.

Score (0–5): _____

2.4 Work environment

- I have real say over how I spend my time, and my objectives are reasonable.
- When I share a point of view I'm listened to, and it's safe to disagree.
- There is flexibility to deal with family and health needs, and I can take my full holiday (if self-employed, at least four weeks a year).
- I'm recognised for what I contribute, and I'm not unduly distracted by office politics.

Score (0–5): _____

Environmental energy, total (max 20): _____

3. Mental energy

The energy that comes from mental agility, a sense of aliveness and the ability to manage our attention.

3.1 Focus

- I have short-term goals (for the day or week) that keep me motivated.
- I can manage my attention and limit distractions.
- I feel I'm making progress.
- I'm not stuck on decisions I should already have made.

Score (0–5): _____

3.2 Learning and curiosity

- I'm learning something now that stretches my understanding.
- I can be the student: I tolerate mistakes and imperfection while I learn.
- I find my work and my life interesting, and I make time for ideas and exploration.
- I'm aware of how my energy and confidence fluctuate, and what affects them.

Score (0–5): _____

3.3 Dealing with change

- When plans change, I adapt without getting angry or deflated.
- I support change rather than criticise or resent it.
- There is variety in my life.
- I deal calmly with interruptions, traffic jams and unexpected obstacles.

Score (0–5): _____

3.4 Influence and communication

- I can say no when I need to protect my wellbeing or my plan for the day.
- I'm not putting off a dreaded conversation.
- I can make a clear request: say what I want or need.
- I can deal with refusal or rejection.

Score (0–5): _____

Mental energy, total (max 20): _____

4. Emotional energy

The energy that comes from feeling good inside, healthy boundaries with others and a positive outlook on the future.

4.1 Letting go

- When I fail to stick to my plan, I accept it and start again: yesterday's failure doesn't make me give up today.
- I choose my battles and don't get involved in things that don't concern me.
- I accept my own imperfections and other people's, and I don't waste energy on what I can't change.
- I'm not living in a constant state of guilt, envy or self-reproach.

Score (0–5): _____

4.2 Optimism

- Even in dark times, I can hope for a better future.
- I look for the opportunity in change.
- I actively practise gratitude, even in tough times.
- I'm usually drawn to positive people.

Score (0–5): _____

4.3 Awareness of strengths and talents

- I can recall times I've been successful.
- I can list at least five qualities that have helped me succeed.
- I can take honest stock of my weaknesses without drifting into negative thinking about myself.
- I can take feedback, even unfair criticism, without being consumed by anger, bitterness or fear.

Score (0–5): _____

4.4 Self-discipline and self-care

- I can delay gratification and do things I don't want to do, without waiting for a deadline.
- In tough times, I look after myself more, not less.
- I know what my emotional needs are, and I take care of them.
- I don't rely on food, alcohol, screens, gambling or other habits as a substitute for dealing with how I feel.

Score (0–5): _____

Emotional energy, total (max 20): _____

5. Social energy

The energy that comes from supportive, stimulating interaction with friends, family, colleagues and community: particularly people who help us see ourselves.

5.1 Connection to others

- I feel safe with the people around me, at work and elsewhere: there is no culture of gossip or cloak-and-dagger politics.
- I feel supported and encouraged by close friends and family.
- I've let go of people or situations that drag me down.
- I have people I can talk to who inspire me.

Score (0–5): _____

5.2 Asking for help

- I ask for help rather than struggle alone.
- I can talk about my issues and the decisions I need to make.
- I make requests without obligating, blaming or manipulating anyone.
- I offer help to others without taking over.

Score (0–5): _____

5.3 Healthy interdependence

- I take responsibility for my own life, including my energy and self-esteem.
- I'm not overly dependent on a partner, a parent or any one person.
- When my energy or confidence is low, I don't find myself blaming others.
- I don't see myself as responsible for another adult's happiness, and I'm not trying to rescue “problem people” to give my own life meaning.

Score (0–5): _____

5.4 Regular interaction

- Every week I meet or talk with someone who inspires me.
- I have friends I trust and see regularly.
- For relaxation, I don't depend only on video games, TV or solitary pastimes.
- After time with friends, family or colleagues, I usually feel energised, not drained.

Score (0–5): _____

Social energy, total (max 20): _____

6. Purposeful energy

The energy that comes from a sense of significance in our lives, whether it comes from humanistic, spiritual or other sources.

6.1 Purpose

- I know why I do what I do, and it's still worth it on days when it isn't fully realised.
- I can see the value I bring, and I don't judge myself by how many tasks I get done.
- My personal values are expressed in my work and in my life.
- Something genuinely interests me that I can always turn to for inspiration.

Score (0–5): _____

6.2 Integrity

- I'm not doing anything that goes against my values.
- I'm honest with myself and others, and I don't exaggerate.
- I don't have habits that chip away at my self-esteem.
- My actions match my words.

Score (0–5): _____

6.3 Contribution

- I use my talents in ways that are useful to others.
- I have a purpose beyond my own self-interest.
- I know I'm contributing, without depending on others' applause.
- I give my own care as much priority as my care for others.

Score (0–5): _____

6.4 Development and growth

- I'm choosing my path in life and work.
- I'm learning from experience and growing in self-esteem.
- I value others' contributions and tell them so regularly.
- I make time for what nourishes me, such as reflection, nature, faith or meditation, if that matters to me.
- I look forward to the future.

Score (0–5): _____

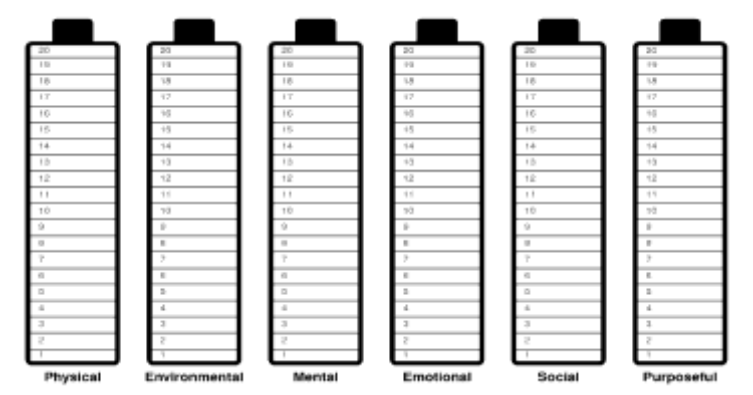
Purposeful energy, total (max 20): _____

Your scores

Copy each battery total here. Look for your lowest battery, and for any single cell scored 0 to 2, before you look at the overall total. This page is for you only.

Battery	Score (max 20)	Notes
1. Physical		
2. Environmental		
3. Mental		
4. Emotional		
5. Social		
6. Purposeful		
Total (max 120)		

If it helps to see your data more visually, simply plot your scores on the bar chart →



Next steps

1. Make your energy (not productivity, body weight, etc etc), a personal project. Keep a journal (electronic or paper) to show you've decided to.
2. Complete this sentence 6 to 10 times, quickly and without overthinking, ideally when you're relaxed: "If I were to boost my energy by just 5%..."
3. Choose up to three batteries you'd enjoy improving. If your energy is low, just start with one.
4. Pick one small change to try this week, and notice what happens.

Some battery cells, such as parts of the Environmental, Social and Purposeful ones, depend on the people and organisation around you. If those score low, that is information about conditions, not a personal failing.

If you manage people

Please don’t ask to see anyone’s inventory

This tool covers health, money, relationships and personal habits. Whatever your intentions, asking people to share their answers can feel like pressure, and some will not feel able to say no.

- Never ask to see anyone’s completed inventory, scores or notes, and never ask people to read them out, summarise them or confirm they have done it.
- Don’t make completion a requirement or a target, or part of any performance review, wellbeing programme, survey or reward process. Voluntary means voluntary, with no follow-up on who has or hasn’t.
- Don’t collect copies by email, shared drive or any other system, and don’t ask people to name their lowest battery.
- Don’t use it to judge anyone’s capability, resilience or fitness for a role, and don’t draw conclusions about someone’s health or personal life from how they respond to it.
- If someone chooses to tell you something, listen, thank them and ask what would help. Keep it to yourself unless they ask you to share it or there is a safety concern.
- Because the inventory touches on health, money and personal circumstances, collecting responses could create real privacy and legal risks for an organisation. If in doubt, don’t collect.

Starting a team conversation instead

If you want to talk about energy as a team, you don’t need anyone’s inventory. Ask open questions about work only, and answer them yourself first:

- What gives this team energy?
- What drains it?
- What is one thing we could change this month?

Gather answers anonymously or in discussion and look for themes in the conditions of work (workload, tools, clarity, autonomy, how we treat each other), not in individuals. You could mention the inventory as something people may use privately if they wish - but with no expectation that they will say whether they have.