

# ENERGY

# AUDIT

## **ENERGY AUDIT**

If you are finding that you are **stuck in life**, personally or professionally, it may be that your **energy** is not being properly directed for success.

There is a very simple law in nature.

**“If you are not growing, you are disintegrating.”**

As you are a part of nature, this law applies to you!  
So, how can you tell if you are on track for **growth and prosperity**?

It's very simple!

**Positive energy is *growth*.**

**Negative energy is *disintegration*.**

Before you can determine your **current energy**,  
you need to take a closer look at yourself and the way you are thinking!

Take the time to answer these short questions!

There is only one rule!

**PLEASE ANSWER ALL THE QUESTIONS!**

Please print out the form and handwrite all of your answers.

Thinking the answers in your head is not enough.

To really read your **energy**, you must do the work.

**NOTE:** If you feel the need to quit or stop writing,  
be aware, this is a negative reaction.

Work your way through it and keep writing until you complete the final question. **There are no wrong answers.** This is just a quick reference.

**NOW, LET'S  
DISCOVER YOUR  
ENERGY!**

## ENERGY AUDIT PART I

1. Please list, in point form, your three top weaknesses that you feel are keeping you from achieving your results. Examples can include physical, mental disabilities, character traits, or habits and behaviours. This is your assessment of yourself so please list what you truly feel is holding you back from moving forward in your achievements.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. Of the three weaknesses you listed in 1., if you could pick one weakness that you constantly focus on the most, which one do you feel is the main one keeping you from success? You may find that this weakness pops up in your daily life, during certain situations, etc., and it may seem to be the one thing that is a constant in all that you do.

\_\_\_\_\_

3. Describe in detail three situations or areas in your life how this weakness, personally and professionally, has kept you stuck and feeling that you cannot move forward. Think about times in your life that you reacted, coped or made decisions based solely on you having this weakness. Also make note of what opportunity, gain or achievement you missed out on because of this situation.

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4. After answering these questions about your weakness, on a scale of 1 to 10, how do you feel about yourself right now?

\_\_\_\_\_

5. After answering these questions is there an emotion that you are feeling about yourself? Be as honest as you can with your answer.

I am feeling:

\_\_\_\_\_

## ENERGY AUDIT PART II

1. Please list, in point form, your top three strengths that help you to achieve results in your life, personally or professionally. This can be a physical or mental ability, a character trait, a talent or skill. Take credit for what you are good at and how when applied, you really make a difference for yourself or others.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. Of these strengths listed in 1., which do you feel is your best strength, the one that you can constantly rely on and seems to come naturally no matter what the situation, that helps you move forward in life?

\_\_\_\_\_

3. Describe in detail three situations or areas in your life, personally or professionally, where you applied your strength to its fullest potential and the results you achieved because of that strength. Also make note of the rewards or advances that you acquired because of this strength.

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4. After answering these questions about your strength, on a scale of 1 to 10, how do you feel about yourself overall?

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5. After answering these questions is there an emotion that you are feeling about yourself? Be as honest as you can with your answer.

I am feeling:

\_\_\_\_\_

## ENERGY AUDIT SUMMARY

Now that you have answered these questions I want to ask you a question.

How did you feel answering the questions in Part I?

Did you feel a little down, maybe frustrated, and a little bit bad about yourself?

These questions on the first page were all geared to invoke a **negative energy**.

When you think about your weaknesses and how they hold you back, you are in a negative vibration, in other words, you are disintegrating. It weakens you further.

How often do you find yourself focusing on your weaknesses? If it is constant, then chances are you are in a negative vibration.

How did you feel answering the questions in Part II?

Did you feel a little bit proud, self-assured and confident?

The questions in Part II were all geared to invoke a **positive energy**.

When you think about your strengths and the opportunities and possibilities in your life, you are in a positive vibration. It strengthens you.

How often do you find yourself focusing on your strengths? If it is constant, then chances are you are in a positive vibration.

There are no wrong answers in this questionnaire.

The flow of questions is designed to show you how moving from negative thoughts to positive thoughts can change the way you feel about yourself.

When you write your answers, you are impressing your thoughts which causes you to feel your emotions a little more intensely.

## **What you put your focus on grows, positive or negative!**

When you are positive, you are inspired and motivated. It moves you forward and gives you energy.

### **This is growth.**

When you are negative, you are uninspired and unmotivated. This brings you down and keeps you stuck.

### **This is disintegration.**

It is very important to always be paying attention to what you are thinking. You want to bring as many positive thoughts into your mind as you can.

Rather than focusing on your weaknesses, and therefore strengthening them, focus on your strengths, and strengthen *them!*

### **Pay attention to your thoughts!**

They are controlling the results in your life.

Positive Thoughts = Positive Results

Constantly remind yourself of how amazing you really are and that you have all you need to achieve any goal you want in life!

For information on results achievement consulting services or personal coaching please contact Fran Banting at 604-880-5889 or email [info@dreampath.ca](mailto:info@dreampath.ca).