

ENERGY QUADRANT



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Having a consistent energy source to draw on when you need it is essential for resilience and wellbeing. It ensures we are able to work through challenging times to reach our goals and not get burnout in the process.

There are 4 energy sources:

- **Physical:** our health, diet and exercise.
- **Emotional:** where we are in control of our emotions, rather than them controlling us.
- **Cognitive:** our focus, decision making and creativity.
- **Mindful:** purposeful rest and restoration for our mind.

In the table below rate out of 10 (with 10 being bountiful energy and 0 being depleted energy) where you are today in each of these areas.

EMOTIONAL		COGNITIVE	
PHYSICAL		MINDFUL	

Take your lowest score and commit to an action this week that will improve this area.