

Positive Energy Rituals

	Your Positive Energy Ritual (PER)	What You Gain by Doing It	What Personal Value It Supports
Physical <ul style="list-style-type: none"> • Endurance • Flexibility • Strength • Nutrition • Health 			
Mental <ul style="list-style-type: none"> • Reading • Writing • Planning • New projects • Learning 			
Emotional-Social <ul style="list-style-type: none"> • Friendship • Family • Co-workers • Community • Attitude • Well-being 			
Spiritual <ul style="list-style-type: none"> • Creativity • Faith • Higher purpose • Giving • Nature • Other 			

Energy Assessment

Adapted from *The Power of Full Engagement*

This self-assessment is meant to give you a snapshot or baseline of your own development. For each item below, score yourself from 1 to 5 using the scale below. Consider these questions when you are finished:

- What area of your assessment was most troubling to you?
- What area, if addressed, would have the most significant impact on you?

	Almost Never	Infrequently	Sometimes	Most of the Time	Almost Always
1. I have a high level of physical energy at work.	1	2	3	4	5
2. I have a high level of positive emotional energy at work.	1	2	3	4	5
3. I am able to focus and concentrate at work.	1	2	3	4	5
4. I feel more challenge and opportunity than frustration and aggravation at work.	1	2	3	4	5
5. I create and sustain relationships of warmth, depth, and genuineness at work.	1	2	3	4	5
6. I am positive and solution-oriented at work rather than critical and complaining.	1	2	3	4	5
7. I am mentally alert and sharp at work.	1	2	3	4	5
8. I feel happy and satisfied at work.	1	2	3	4	5
9. I get along with my boss.	1	2	3	4	5
10. I get along with my colleagues.	1	2	3	4	5
11. I feel my work is personally fulfilling.	1	2	3	4	5
12. I feel that my successes are sufficiently acknowledged and recognized at work.	1	2	3	4	5
13. I am able to truly leave work behind at the end of the day.	1	2	3	4	5