

## Tool 2: The Energy Alignment Scorecard

This tool helps you audit your current week or role to assess how aligned your work is with each energy domain.

### Instructions

Score each domain on a scale of 1–5, based on your average day last week.

Add scores. Max = 20.

<12 = Misalignment likely.

13–16 = Functioning but leaking.

17+ = Strong foundation.

### Use Cases

- End-of-week self-reflection
- Quarterly leadership review
- Team retreat diagnostics
- One-on-one coaching sessions

Energy Domain	Score (1–5)	Notes
Physical (sleep, movement, health)		
Mental (clarity, stimulation, learning)		
Emotional (relationships, mood, stability)		
Purpose (mission, values, alignment)		
TOTAL		