

EXERCISE 4: ENERGY SUSTAINABILITY AUDIT

Cross-Reference Your Session 1 Energy Ratings with Mission Alignment

ACTIVITY	ENERGY RATING (-3 TO +3)	MISSION ALIGNMENT (1-10)	SUSTAINABILITY SCORE

Sustainability Score Calculation:

(Energy Rating + Mission Alignment) ÷ 2

Energy-Mission Patterns:

Activities with +2 to +3 energy AND 8-10 alignment:

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Activities with -2 to -3 energy BUT 8-10 alignment:

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Current Reality Check:

- **Percentage of time in positive energy + high alignment:** _____%
- **Goal:** 80% of time in positive energy activities that align with mission