



## THE ENERGY AUDIT



**High Achievers** just like you know that maintaining a high level of energy is essential to achieve all you want to achieve. This requires a deep level of understanding of those things, people, and situations that energize you, and those that leave you feeling drained.

The process is simple - on a regular basis (monthly is ideal), perform an audit on all the factors that impact your energy from day to day. Once you identify those factors that are draining, you can begin to eliminate them.

Similarly, when you know which factors give you energy, you can be intentional about having more of them in your life.

No matter what level you're functioning at in your personal and professional life, you have a fixed number of hours each day, and that time must be used intentionally if you're to continue performing at a high level.

However, your energy is not fixed – it's 100% a renewable resource, and it can be expanded as far as you'd like to take it, as long as you surround yourself with the people, things, and situations that truly give you energy.

To fill out the audit, consider these 5 areas of your life:

- **People** - there will be those who really light you up, and those who leave you feeling drained. Be discerning about those people you spend time with, so that you are surrounded only by high-vibe, positive, generous, and inspiring people.
- **Places** – some physical places have their own energy, good or bad, and some may have particular associations for you because of specific memories. Happy places – go there often! Unhappy places – avoid them!
- **Things** – look around your home, office, car, etc., for anything that is broken, outdated, cluttering, or a reminder from unhappy events or relationships and remove them. Include only physical items that are in good working order and bring you some measure of happiness.
- **Habits** – again, be intentional about how you fill your days. Are you spending an hour each morning “doom scrolling” through social media feeds, or do you start your day with a healthy walk outdoors, unplugged from all your devices? What foods are you consuming that you know aren't healthy for you? Are you getting enough sleep? Do you give yourself some downtime for pampering or self-development?
- **Thoughts** – this is a big one! Once you learn to control your thoughts, everything changes. Notice when you're focusing on the negative, complaining, judging, blaming, etc. Work at thinking positive, generous, creative, and inspiring thoughts, and notice how much more energy you have.





On the previous pages, think of everything you can that drains your energy and write each item in the column on the left. This may take some time, and it's best if you can keep the list handy so that you can add to it each day over a period of a week or two. The more thorough you are in completing this exercise, the better results you'll see.

Concurrently, think of everything you can that fills you with joy and energizes you – these will go in the column on the right. Remember to consider all 5 categories discussed on the first page of this exercise.

When you have written out everything you can think of in both columns, now it's time to take a closer look at what's underneath the energy of each item on your two lists.

Look at the first item in your “**Drain**” column, and answer everything that applies from the following two questions:

1. What is this item **costing you**, in terms of your
  - a. physical health?
  - b. emotional health?
  - c. relationships? (including the relationship you have with yourself)
  - d. finances?
  - e. career?
  - f. creativity?
2. How is this item **benefiting you**, in terms of your
  - a. physical health?
  - b. emotional health?
  - c. relationships?
  - d. finances?
  - e. career?
  - f. creativity?

Anything we do habitually we do because there's some kind of **reward** in it for us, *even when it's something that isn't good for us!* This awareness is key if you want to reduce or eliminate all those things that drain you.

Next, consider each item in your “**Energize**” column – how does each one make you feel? And more importantly, how could you bring *more* of that into your life?

Make the commitment to eliminate at least one item from your **Drain** list each day, and to add more of at least one item from your **Energize** list. If it seems like a lot at first, simply focus on one small change you can make at a time.

With steady and regular practice, you'll soon be living a life that feels much more joyful, fulfilling, and expansive than ever before!

Kip xo



**Kip Clarke** has over 35 years' experience coaching, mentoring, teaching, speaking, writing & conducting research. She is certified as a Professional Mindset Coach, sport coach, and Reiki practitioner. She also uses NLP, EFT, Tarot & her strong intuitive abilities to help guide her work with clients.

Throughout her lengthy career, Kip has helped thousands of people learn to live fully, joyfully, and authentically in all areas of their lives.

Are you feeling like you're ready to receive some high-level support for your Next Big Goal? Kip uses powerful insights that will help you release the subconscious beliefs that have been holding you back so that your brilliance shines & you can thrive!

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