

THE ENERGY AUDIT

One honest week. Find out where your energy actually goes — and what it buys.

You cannot protect what you do not measure. For one week, jot quick answers at the end of each day. No grading, no judgment — just evidence. Patterns will show up by day three.

DAILY LOG (REPEAT EACH DAY)

1. What drained me most today?

2. What gave me energy back?

3. Hours spent performing (operating away from my natural baseline):

☐ 0-1 hrs ☐ 1-2 hrs ☐ 2-4 hrs ☐ 4-6 hrs ☐ 6+ hrs

4. Did the drain produce anything the mission needed? (Circle) YES / NO / PARTLY

END OF WEEK — READ THE EVIDENCE

- ☐ What showed up three or more times in question 1? That is a pattern, not a bad day.
- ☐ What energized you that you could schedule ON PURPOSE next week?
- ☐ What is one recurring drain you can delegate, shrink, or decline?

Exhaustion is data. The leaders who last are the ones who read it early.

THE FULL FRAMEWORK: THE SOVEREIGN LEADER — AVAILABLE ON AMAZON