

# Energy Management Diagnostic Assessments

Assessment Name	Purpose	When/Why to Use	Time to Complete
<a href="#"><u>Cognitive Bandwidth Audit</u></a>	Assesses available mental capacity. Identifies what's consuming cognitive resources.	When mistakes increase. During high-stress periods. Before adding new initiatives.	15 min
<a href="#"><u>Energy 4 Dimension Audit</u></a>	Detailed audit of energy sources and drains in each of the four dimensions.	Individual coaching. When depleted but can't identify why. Energy management planning.	25-30 min
<a href="#"><u>Energy Network Map</u></a>	Maps energy vampires (who drains you) vs. energy generators (who energizes you) in your professional network.	When certain interactions leave you depleted. Relationship management. Time allocation decisions.	15-20 min
<a href="#"><u>Flow State Frequency Tracker</u></a>	Tracks how often individuals or teams experience flow states—deep engagement and optimal performance.	When work feels like drudgery. Job design discussions. Identifying engagement opportunities.	5 min daily (tracking)
<a href="#"><u>Four-Dimension Assessment</u></a>	Comprehensive assessment of energy across physical, emotional, mental, and spiritual dimensions (Loehr & Schwartz).	When burnout is present. Sustainability planning. Leadership wellness assessment.	20-25 min
<a href="#"><u>High-Quality Connections Map</u></a>	Maps quality of professional connections. Identifies which relationships are energizing vs. depleting.	Network development. When isolation is an issue. Building support systems.	20 min
<a href="#"><u>Meeting Energy Calculator</u></a>	Calculates true energy cost of meetings. Factors preparation, attendance, recovery, and opportunity cost.	When meetings dominate calendars. Meeting audit. Deciding whether a meeting is worth it.	10 min per meeting
<a href="#"><u>Organizational Energy Tracker</u></a>	Tracks collective energy patterns across the organization over time. Identifies organizational energy rhythms.	Monitoring organizational health. Planning high-demand periods. After major initiatives.	15 min weekly
<a href="#"><u>Personal Energy Assessment</u></a>	Individual assessment of current energy state and patterns. Identifies personal energy rhythms and needs.	Personal development. When feeling depleted. Career/role fit assessment.	20 min
<a href="#"><u>Rubin's Four Tendencies Quick Sort</u></a>	Identifies tendency type (Upholder, Questioner, Obliger, Rebel) based on Gretchen Rubin's framework.	Understanding motivation styles. Team dynamics. Individual coaching.	10 min
<a href="#"><u>SDT Needs Check</u></a>	Quick check on Self-Determination Theory needs: Autonomy, Competence, and Relatedness.	When motivation is low. Job satisfaction issues. Team engagement discussions.	10 min
<a href="#"><u>Stress Reframe Assessment</u></a>	Assesses ability to reframe stress as challenge vs. threat. Based on stress mindset research.	Resilience building. When stress is seen as purely negative. Professional development.	15 min