

Understanding Your Energy

Not Just Your Skills

This worksheet is a coaching tool to help you think forward. It is not therapy or counselling. Only share what feels comfortable. If you manage a long-term health condition, consult your GP for personal advice. There are no right or wrong answers.

Part 1 — Your Energy Audit

Be honest — the more truthful your answers, the more useful this will be.

When do I feel most alive at work? What was I doing, who was I with, what was the environment?

What consistently drains me? (Not one-off bad days — the recurring things.)

What does my energy look like across a typical week? Are there patterns I notice?

Part 2 — What Fills Me Up vs What Depletes Me

Tick the words that feel true for you:

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What fills me up	What depletes me
Being around people	Isolation
Working independently	Back-to-back meetings
Creative problem solving	Repetitive tasks
Helping others directly	Conflict or confrontation
Variety and new challenges	Rigid routine
Deep focused work	Constant interruptions
Autonomy and flexibility	Micromanagement

My notes on what fills me up and what depletes me:

Part 3 — Skills vs Strengths

A skill is something you can do. A strength is something you can do AND that energises you.

My skills (things I can do)	My strengths (things that energise me)

The strength I have been most underselling or ignoring is...

Part 4 — Long-Term Condition (skip if not relevant)

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How does my health condition affect my energy patterns at work?

The conditions or adjustments I need to do my best work are...

Part 5 — My Three Takeaways

#	What I am taking away from this module
1.	
2.	
3.	

My Commitment

The one strength I am going to start owning and building on is...

Great work — see you in Module 3: What Do You Actually Want?