



GAME CHANGER
ENERGY AUDIT



GAME CHANGER
PERFORMANCE GROUP

www.gamechangerperformancegroup.com

Performing an Energy Audit

When your home or office heating and cooling system isn't working efficiently, it's time for an energy audit. The same principle applies to people who seek greater productivity.

You might think of heat as the energy you need to get things done, and cooling as the energy replacement time (downtime) needed in between those bursts. Both are super important, especially to avoid burning out. You have to have the guts to ditch the things that don't bring meaning to your life.

On the next page, you'll find The Energy Audit worksheet that will help you think through where you are gaining and losing energy.



Take 20–30 minutes to focus on completing your audit.

Once you complete the audit, you will have clarity on:

1. **What brings you energy**—these are your maximizers. Do MORE of this.
2. **What depletes your energy**—these are your drainers. ELIMINATE OR BETTER MANAGE your energy around these.
3. **What simply exists**—these are your neutrals. Be more EFFICIENT here. Automate, streamline, or delegate.

If you can do these three things, you will find more joy, more fulfillment, and more alignment in your life.



“Every system requires energy. That’s our work—to bring energy to the projects we care about. Molly Fletcher shows us how to focus that energy on the work that matters. It’s time to stop being exhausted and time to start making a difference.”

— Seth Godin, Best-selling author of *This is Marketing*

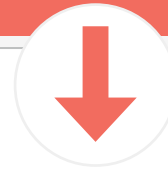
**What increases
your energy and is
meaningful to you?**



**What doesn't increase
or decrease your
energy, but you have
to get it done?**



**What decreases
your energy?**



PERSONAL

WORK

**Maximize your
energizers**

**Be more efficient
with everything
in between**

**Eliminate or manage
your drainers**

