

Founder Energy Audit

Accompanying worksheet to 'Building Momentum When Motivation Dips'

In the video, we explored how motivation dips are completely normal when building a business. We looked at reconnecting with your purpose, understanding that your energy is your strategy, and how small actions create momentum.

This worksheet focuses on your energy. Because often, it is not a time problem. It is an energy problem. When your energy is low, everything feels harder. When your energy is strong, you think more clearly, make better decisions, and take more effective action. This is your chance to step back and understand what is really fuelling you, and what is draining you.

Step 1: Your Energy Audit

Start by listing the people, tasks, environments, and habits in your life and business.

Be honest. This is just for you.

Area	What energises me	What drains me
Tasks		
People		
Places		
Habits		

Prompts to consider:

- Which parts of your work give you energy or satisfaction?
- What consistently leaves you feeling drained or frustrated?

- Which clients, tasks, or environments lift you up or pull you down?
- What habits support your energy and which ones deplete it?

Step 2: Shift One Thing

Now choose one thing from your “drains me” column. Write it here:

Before you try to remove it, get curious. What is the benefit of this? Why am I still doing it? (There is always a reason, even if it is not obvious)

Now decide your next step:

Option 1: Remove or reduce it

What could you do to stop, delegate, or minimise this?

Option 2: Change how you approach it

What could you do to make this feel lighter, easier, or more energising?

Step 3: Build Momentum Through Energy

Small shifts in energy create big shifts in momentum.

What is one change I will make this week to protect or improve my energy?

Closing Thought

You don't need more hours. You need better energy. Come back to this regularly and notice what is changing. Adjust, refine, and build your work around what supports you. Because when your energy improves, everything else becomes easier.

