



# THE ENTREPRENEUR'S ENERGY CHECK-IN

🌱 A self-guided reflection tool to help you spot signs of burnout and realign your work habits with your well-being.

*You are your greatest business asset. Protect that investment.*

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## 💡 How to Use This Worksheet:

Set aside 10-15 quiet minutes to fill this out. It is important to not judge yourself because the objective is about **awareness and alignment**. Use your answers to spot patterns and then take small, supportive steps.

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### 🛏️ 1. Sleep & Recovery

**How rested do you feel on a typical morning?**

- ☐ Energized and ready to go
- ☐ Okay, but I could use more rest
- ☐ Always tired or running on caffeine

**Do you have a consistent sleep routine (bedtime, wind-down, wake time)?**

- ☐ Yes, most days
- ☐ Sometimes, depending on my workload
- ☐ No, I often work late or wake up anxious

🌀 **Small Shift Idea:** Set a “digital sunset” time to shut off screens at least 30 minutes before bed.

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### 🍏 2. Mental & Physical Inputs

**What fuels your brain during workdays? (Check all that apply)**

- ☐ Water and nutritious meals
- ☐ Coffee and snacks
- ☐ Long gaps without food or hydration
- ☐ Mental breaks and movement



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**How often do you intentionally recharge during the day?**

- ☐ Every few hours
- ☐ Once or twice
- ☐ Rarely--I push through

 **Small Shift Idea:** Add one 10-minute break between deep work sessions for a walk, stretch, or mindful breathing.

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## 3. Connection & Support

**Do you feel emotionally supported in your business journey?**

- ☐ Yes--I have a go-to mentor, peer group, or friend
- ☐ Somewhat--I have people, but I don't reach out often
- ☐ No--I mostly figure things out alone

**When was the last time you talked to someone about your stress or excitement?**

- ☐ This week
- ☐ In the past month
- ☐ I can't remember

 **Small Shift Idea:** Schedule a regular check-in with someone who "gets it". Even 15 minutes can be very impactful.

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## 4. Purpose & Autonomy

**Are your current tasks aligned with your "why"?**

- ☐ Yes--most of the time
- ☐ Somewhat--I've drifted a bit
- ☐ Not really--I'm just getting through the list

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**How often do you say “yes” to things that drain your energy?**

- ☐ Rarely--I choose carefully
- ☐ Occasionally--out of obligation
- ☐ Often--I don't want to disappoint others

🌀 **Small Shift Idea:** Ask yourself: “Does this move me closer to the life I want?” before committing.

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## 🎨 5. Joy & Play

**Do you regularly do things just for fun or creativity (with no outcome in mind)?**

- ☐ Yes--I make time for it
- ☐ I used to, but not lately
- ☐ I can't remember the last time I did that

**What's one small activity that always lifts your energy?**

Provide your answer here:

🌀 **Small Shift Idea:** Reintroduce “joy breaks”--even 15 minutes of unstructured fun can recharge your mind and spirit.

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## 🔍 Your Energy Snapshot

Now that you've completed the check-in, ask yourself:

- Where am I thriving?
- Where am I stretching too thin?
- What's one supportive action I can take today?



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*You don't have to overhaul your life overnight. Tiny shifts, done consistently, rebuild your energy reserves and your relationship with your work.*

## ✨ Next Step

If this exercise resonated with you, you'll love the [Entrepreneurial Fitness](#) module inside the **Ready Set Grow** training program. We help you turn insight into action--so you can build a business that supports your whole life, not just your income.

👉 [Explore Ready Set Grow's Entrepreneurial Fitness Module](#)