



10 Units of Energy

Use this tool, to score your energy levels which can then be used to guide your activities

10

At ten units of energy you feel on top of the world.
You are totally rested and ready for the day.

9

However, a poor night's sleep can take away 1-2 units of energy.
A headache/pain can take away 1-2 units of energy.

8

Getting ready by yourself in the morning can take 1-2 units of energy.
Helping others get ready in the morning can take 1-2 units of energy.

7

Sometimes at 9.00 in the morning you might find yourself functioning at six or seven units of energy. You must take care of yourself or the whole day will be affected.

6

At six units of energy; you must take a shut down or rest break!!!

This should be 10-30 minutes.

5

When your energy gets less than half, you might find that everything around you is harder to deal with:

- Noises are too loud
- There is too much commotion around you
- You are moving slower

4

At four units of energy, stop everything and take a nap.

If you get down to 2 units of energy, you become extremely tired.

- At this point you really can't function well at all.
- You trip over your own feet easily.
- You have trouble talking.
- Your memory is shot.
- It will take 2-3 times as long to recover at this point than it took you to get here