



ENERGY QUIZ

Energy and Motivation are critical attributes to scoring high in Emotional Intelligence

Take this simple quiz to discover how well you manage your energy and that of your team as a leader.

Answer each honestly with T or F (True/False) then flip the page to calculate your scores

1. ___ On average, I need only 4-5 hours per sleep each night to function well
2. ___ I consume half of my body weight (lbs) in ounces of water each day
3. ___ Fear is an effective way to motivate people
4. ___ Disorganization or clutter makes me mentally exhausted and less productive
5. ___ Everyone is motivated by the same thing
6. ___ Reading motivational books and listening to educational messages is a part of my daily routine
7. ___ People who are motivated are typically more extroverted by nature
8. ___ Encouraging team members consistently only pampers them & is ineffective
9. ___ Laughter helps with problem solving and memory
10. ___ I spend at least 60 minutes per day “unplugged” from tasks or devices
11. ___ Eating healthy is great for the body but has little effect on the brain
12. ___ Nuts and berries are energy boosting and a regular part of my diet
13. ___ I believe in setting the bar unrealistically high for myself and my team
14. ___ I have learned how to say “NO” out of respect for myself and my priorities
15. ___ I exercise 3-5 times per week and notice a big difference when I don’t
16. ___ Our world is so full of negativism, it’s impossible to avoid
17. ___ Success means different things to different people.
18. ___ Personal organization can help us gain and sustain motivation.
19. ___ It is important to celebrate success for ourselves and our teams
20. ___ I maintain an excellent state of mind which empowers me personally and professionally

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SCORING YOUR QUIZ

CIRCLE & CALCULATE YOUR TOTAL POINTS BASED ON THE ANSWERS BELOW

ADD ALL TOGETHER AND REFER TO THE SCORING RESULTS

1	T = 1 F = 2	6	T = 2 F = 1	11	T = 1 F = 2	16	T = 1 F = 2
2	T = 2 F = 1	7	T = 1 F = 2	12	T = 2 F = 1	17	T = 2 F = 1
3	T = 1 F = 2	8	T = 1 F = 2	13	T = 1 F = 2	18	T = 2 F = 1
4	T = 2 F = 1	9	T = 2 F = 1	14	T = 2 F = 1	19	T = 2 F = 1
5	T = 1 F = 2	10	T = 2 F = 1	15	T = 2 F = 1	20	T = 1 F = 2
TOTAL		TOTAL		TOTAL		TOTAL	

FINAL SCORE _____

36-40 You have a good understanding of what it takes to create self-motivation and energy daily. You are empowered and fully capable of taking on whatever challenges you may face with a positive outlook and a powerful resolve. Work on the areas you marked incorrectly to take your energy to the next level.

32-35 You are on the right track and have a fairly good handle on what it takes to energize or motivate yourself. However, it will be important for you to overcome the areas you marked incorrectly if you desire to rise higher and accomplish more with an unstoppable resolve.

20-31 You are most likely finding life and career a struggle. In fact, it may seem as if you are constantly exhausted. The first step for you is in realizing that motivation and energy are established primarily by choice, lifestyle and practice. These attributes are learned, they are not inherited or thrust upon us due to circumstance as demonstrated by many historical “greats” who overcame insurmountable odds.

The second step will be in studying what it takes to motivate you, inspire you and give you energy for each day. This means that you may need to give up some “energy vampires” and take on some new habits for your daily routine (energy boosters). Changes in diet, activity, thoughts and mindsets are the only true and lasting solutions to this dilemma. If you desire more counsel or help, please feel free to contact IPV Consulting 616-805-8059 or visit <http://ipvconsulting.com> for information

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