

# Your Energy Quiz!

## Do you leak, lose or give it away?

To make the most of this quiz on how **you** lose, leak or give away energy – you need to be perfectly honest with yourself since, really...no one else will ever see this but you!

1. Do certain people always leave you feeling tired, out of sorts?  
 Yeah, they're a drain       Well, depends       Nope, I handle 'em all
2. Do you get nervous talking to the boss, your parents, people in authority?  
 Yikes - I hate it!       Uh, only the cops & boss       Not usually, I mean why bother?
3. Do your emotions fluctuate much when you're around other people?  
 Can you say roller coaster?       A steady maybe       Well, not usually but sometimes
4. How do you feel when repeatedly helping others with their emotional problems?  
 Tired, worn out!       Depends on my day       Great that I helped them all!
5. Does being with family usually leave you tired or generally fine/OK?  
 Drained like a sink       Eh....1/2 and 1/2       I'm generally fine after
6. Is it hard for you to say no to folks, especially family and friends?  
 Yes, it's like they beg me       Again, yes, but it depends       I help when I can, don't when I can't
7. Do some people regularly leave you feeling confused?  
 Oh yeah....       At times, yes       Nope - I confuse them!
8. Do you find that some places you go/visit leave you feeling tired for no apparent reason?  
 Yes, and it's odd at times       Not as a rule       Only if I was tired to start with
9. Would you say you're usually calm, or are you often nervous, anxious, edgy?  
 Often anxious and edgy       I'd say moderate       Calm and cool as a cucumber
10. Do you get nervous meeting new people or strangers?  
 Yes, my stomach clenches       Depends-are they cute?       Not often, I might make them nervous!
11. How does watching the news/TV topics that you don't agree with make you feel?  
 Totally irritated       Sometimes annoyed       Everyone has an opinion and it's OK

12. Do people that you think are smarter, cooler, or more attractive than you make you nervous?  
 Oh God Yes                       Well, at times, yes                       No, I know I'm pretty amazing, too!
13. Do you prefer being alone or with 1-2 others rather than with larger groups?  
 Yes, small/intimate is best                       Usually                       I enjoy both a lot
14. If you're tired after work, does it seem normal given the day, or excessive and unusual?  
 Excessive                       Moderate                       Normal
15. Does your mind often beat you up – over any/everything?  
 Yes, it's a mean mind                       Beat, no...bruised, yes                       It depends, but not usually
16. Do some situations always leave you feeling tired; like too many emails, chatty family, etc?  
 Yes - what a pain in the...                       Yes, at times for sure                       Not as a general rule
17. How upset do you get with yourself when you make a mistake?  
 I really, really don't like it                       Yeah, I try not to but do                       It's part of life, I get over it
18. Do your emotions fluctuate a lot in certain situations?  
 Oh hell yeah                       Depends, sometimes yes                       Not a lot, no, still chillin' over here
19. Do you regularly 'should yourself' to death, your mind telling you all you should be doing?  
 Sadly, all the dang time                       More than I'd like                       Not as a rule, no
20. How do you handle work overwhelm?  
 Badly and it happens often                       Yeah, I drink/eat it away                       Eh, I leave the job at the office
21. Do you often focus on your challenges in life and how to fix/change them?  
 Of course – don't you?!                       Comes and goes                       Only when they arise to deal with

Great! Now for scoring yourself. Please understand that there are no failures, only feedback and it's OK. You can't change what you can't see – so let's get to your truth – so you can change if you think that's helpful.

**The questions are organized below and will help you see *where* your energy loss is focused:**

Questions 1-7 are about whether you **give** your energy away.  
Questions 8-14 are focused on whether you **leak** your energy.  
Questions 15-21 are focused on whether you **lose** your energy.

**Now, let's generate an overall score:**

For every answer in the left side/column, give yourself a 10.  
For every answer in the middle/column, give yourself a 5.  
For every answer on the right side/column, give yourself a 0.



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### **And for general guidelines on the scores:**

**A total score under 50** - means you still lose your energy/power, but it's only in some areas or it's only occasionally. You tend to be fairly balanced in life and you value your self-worth highly. You're also fairly balanced in your energy expenditures, but check if there is a particular area you are losing energy in and focus there – or whether you're spread out between give, leak, or lose.

**A score of 50-150** - means you are losing a significant amount of your power and energy. You would benefit from doing work on this since you need your energy for your own life! You are likely someone that wants others to be happy or you're not aware of exactly how much your mind makes you lose energy – so you may be an empath, caretaker or pleaser personality, doing all you can for everyone around you, but not taking the best care of yourself. Since you are losing, leaking or giving away energy often (again maybe only in some situations or with some people), look at the areas and ways you're losing energy and focus on those to start.

**A score over 150** - means that you are leaking, losing and giving away energy all the time and it must be so hard! You are most likely an empath, caretaker or pleaser personality, doing all you can for everyone around you, but not taking the best care of yourself and your needs. This level of energy loss is not sustainable and at some point you are going to 'blow' – whether physically or emotionally - and since that's rarely fun, really consider getting coaching or some means to help you reclaim your power - because you deserve it!

**And...if you want to make changes in what you're doing with your energy** - so you have more for your life, dreams and goals – then I recommend you check out [Energize](#). It is a great program for learning the ins and outs of energy, how you lose, why you lose and ways to stop that so that you can finally manifest what you want – ***your goals and dreams!***

It also has some exciting exercises leading you to manifest your dreams and goals that are fun and having you learning so much about yourself.

Again, you can find out more about Energize – [HERE](#) – and as an incentive – you can schedule a free, 30-minute time to talk with me, Diana, [HERE](#) to discuss your energy results and whether Energize will help you - though I promise that it will help any and everyone!

*Energize also has a 28 day Satisfaction Guarantee – so you can't lose!*