

Explanation of Work Task Energy Assessment

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Transfer the totals points for each column to the following boxes.

Pre-Task	Intra-Task	Post-Task
Total _____ points	Total _____ points	Total _____ points

Explanation of Scores

Add the scores for all three columns together to obtain an overall score _____.

In general, the lower the overall score the more energy efficient the task is likely to be for your brain. The higher the overall score, the more energy draining the task is likely to be for your brain.

- An overall score of 0-12 points: Suggests the task may be energy-efficient for your brain. Strive for a majority of these types of energizing tasks.
- An overall score of 13-24 points: Suggests that the task may be energy-neutral, neither draining nor energizing to your brain.
- An overall score of 25-36 points: Suggests that the task may be energy-exhausting. Minimize the amount of time you spend performing these tasks or fit them in between more energy-efficient tasks.

Remember, it's all about energy—the basic unit of exchange in life. You always give up energy to get something. Likely you would never get a 100% match with tasks that are energy-efficient for your brain. The goal, however, is to increase your mindful awareness of your energy expenditures in comparison of one task against another.

If your work consists mostly of tasks that are energy-draining, be sure to include activities outside of work that are less energy draining in an attempt to have the majority of your life's tasks and activities matched to your brain bent, what your brain does energy efficiently.

Everyone has energy neutral things in life. Energy neutral is not bad—it is better than energy exhausting! To be really healthy, the goal is to have more energy positive tasks than energy bad or neutral combined. A majority is at least 51% and that is usually doable. If you cannot get that, you may want to develop a game-plan that will enable you to move to another type of work where the majority of tasks are a better match with your brain's energy advantage or brain bent.

For additional information refer to Taylor's website at www.arlenetaylor.org

- Brain References
- Practical Applications