

## Energy Management Worksheets

As suggested in *Barnstorming – Live as a Pilot, not a Passenger*

Congratulations on your decision to live as a pilot, not a passenger. These forms will help you sort through the forces of energy at work in your life. As you know, pilots are always managing gravity, lift, drag and thrust. In the planning process, these categories provide an excellent structure with which to organize your thoughts. Here is a brief refresher of each force:

**Gravity** pulls you down and forces you to take action. You understand crashing is not an option so you fight gravity by introducing lift.

**Lift** fights gravity and keeps you from crashing. Keep in mind, every time you introduce lift you also increase the amount of drag working against you.

**Drag** holds you back. There are two major types of drag. One is the result of lift and the other is inherent in design. Drag will never be eliminated completely, and to get anywhere you need to have enough thrust available to overcome it.


**Thrust** propels you forward. Without thrust, even the best ideas and most talented people will be stuck in one place. A major benefit of Energy Management is that it teaches you to identify and nurture important sources of thrust so they are ready when needed; too often we do not have enough time and altitude to cultivate the thrust we need at that moment. If it isn't ready to go, we're out of luck.

With these definitions fresh in your mind, categorize the things that are going on in your life. Once you have made your lists, go back and assign a "score" to each item. The score reflects the intensity of that particular entry. Once everything is weighted, you can begin to understand the strongest contributor to each force. With that information you can begin to put together your Energy Management plan. Your plan will help you focus on making the energy that is working for you even stronger while helping you to see those forces of energy that need to be tamed because they are working against you.

If you have questions, contact Scott Westover at [www.ScottWestover.com](http://www.ScottWestover.com).




# GRAVITY

 What is pulling you down? List all items first then go back and score them.	<i>Low</i>	<i>Moderate</i>	<i>High</i>
1.	1	5	10
2.	1	5	10
3.	1	5	10
4.	1	5	10
5.	1	5	10
6.	1	5	10




# LIFT

 <i>How are you going to fight gravity?</i> List all items first then go back and score them.	<i>Low</i>	<i>Moderate</i>	<i>High</i>
1.	1	5	10
2.	1	5	10
3.	1	5	10
4.	1	5	10
5.	1	5	10
6.	1	5	10



## DRAG

 <i>What holds you back?</i> List all items first then go back and score them.	<i>Low</i>	<i>Moderate</i>	<i>High</i>
1.	1	5	10
2.	1	5	10
3.	1	5	10
4.	1	5	10
5.	1	5	10
6.	1	5	10



# THRUST

 <p><i>What propels you forward?</i> List all items first then go back and score them.</p>	<i>Low</i>	<i>Moderate</i>	<i>High</i>
1.	1	5	10
2.	1	5	10
3.	1	5	10
4.	1	5	10
5.	1	5	10
6.	1	5	10

