

FOUNDER ENERGY TRACKER

A 2-Minute Daily Self-Check for Entrepreneurs

Your energy is your real capital. When your energy drops, your business decisions, creativity, and leadership all collapse with it.

MENTAL ENERGY Clarity & Focus

Self-check questions:	1.Foggy / distracted	2.Somewhat unfocused	3.Neutral / manageable	4.Focused / alert	5.Sharp / clear
Did I wake up clear or cluttered?					
What is occupying my mind right now?					
Am I thinking strategically or reactively today?					

EMOTIONAL ENERGY Stability & Capacity

Self-check questions:	1.Low emotional space	2.Narrow emotional space	3.Neutral emotional space	4.Open emotional space	5 Steady emotional space
Am I calm, anxious, irritable, or inspired?					
Am I overreacting to small things?					
Do I feel emotionally spacious or tight today?					

PHYSICAL ENERGY Strength & Stamina

Self-check questions:	1. Drained	2. Low energy	3. Moderate energy	4.High energy	5.Energised
How rested do I feel?					
Do I have the physical capacity to show up today?					
Did I hydrate, stretch, or move?					

ENTREPRENEURIAL ENERGY Drive & Purpose

Self-check questions:	1.No drive	2.Low drive	3. Moderate drive	4.Strong drive	5.Strong purpose
Am I excited about what I'm building?					
Do I feel connected to my purpose today?					
Do I want to move my business forward?					

YOUR DAILY ENERGY SCORE

Score yourself:

Power Mode



16-20

You're aligned. Great day for decision-making, sales, bold actions.

Stable Mode



11-15

Good day for routine execution and steady progress.

Caution Mode



6-10

Don't take big decisions. Focus on grounding and clearing.

Recovery Mode



1-5

You need rest or an emotional reset. Delegate, slow down, breathe.

THE FOUNDER INSIGHT

Entrepreneurs crash not because of workload, but because they're unaware of their energy cycles.

Tracking your energy for just 2 minutes a day helps you:

✓ Make better decisions

✓ Avoid unnecessary conflict

✓ Choose the right tasks

✓ Protect your wellbeing

✓ Show up as a stronger leader

Micro-reset (60 seconds)

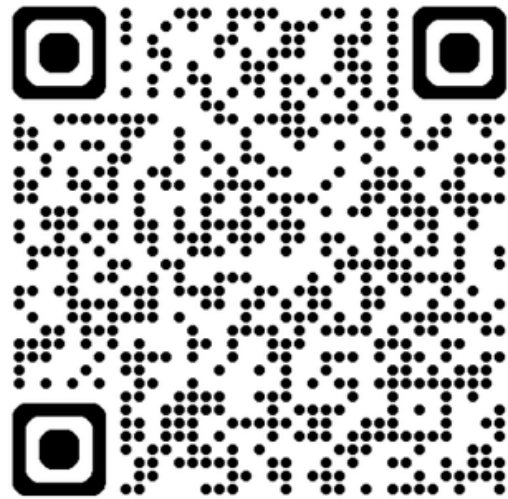
- 🧠 Brain dump 3 things worrying you
- 🎯 Pick your single priority
- 💛 3 deep breaths
- 🙏 One thing I can appreciate right now
- 💧 Drink water
- 🧘♀️ 20-second stretch
- 🧘♀️ Stand + breathe
- 💖 Revisit one win from the last week
- 🌟 Visualise your 2026 North Star for 10 seconds



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