



# ENERGY INVENTORY



**STEP 1:** Enter below how your working group sees the different types of energy.

## PHYSICAL ENERGY

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## MENTAL ENERGY

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## SPIRITUAL ENERGY

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## EMOTIONAL ENERGY

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This exercise works best in your working group. If there is no HR profile in your working group, it may be interesting to invite an HR profile to do this exercise together. After all, they often have an insight into the various actions related to safety and health, and thus also to energy at work.

**STEP 2:** Bring out the energy sheets and look at the descriptions of the types of energy on the sheets. Do they correspond with your interpretations?



**STEP 3:** List which types of actions your organisation is already taking or what good practices already exist for each type of energy.

**STEP 4:** Examine the output. Which types of energy are already supported by certain actions? Which types of energy have not attracted much attention so far? They may be given extra attention in the employee needs analysis.

ACTIONS ON PHYSICAL ENERGY

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ACTIONS ON MENTAL ENERGY

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ACTIONS ON SPIRITUAL ENERGY

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ACTIONS ON EMOTIONAL ENERGY

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