

Leap Retirement Coaching: The Re-Engagement Energy Worksheet

Rediscover What Energizes You at Work

Welcome to the Re-Engagement Energy Worksheet, brought to you by Leap Retirement Coaching. For more resources and inspiration, visit www.leapretirement.com.

Taking time to reflect isn't silly or a waste of time – it's essential for clarity and direction. Use this worksheet to reflect on what fuels your motivation, reignites your passions, and helps you design a more fulfilling workweek. Set aside a quiet moment, grab a pen, and answer these questions honestly—there are no right or wrong answers, only what is true for you.

The Re-Engagement Energy Worksheet

1. What part of your current role gives you energy – no matter how small?

2. Think of a task, responsibility, or interaction that consistently lifts your spirits or sparks your enthusiasm, even if it's just a small part of your week.

3. What's one thing you used to love doing, but haven't in a while?

4. Recall a project, activity, or habit from your professional life that brought you joy or satisfaction, but for some reason has faded away.

5. On a scale of 1–10, how excited are you about the future of your career? Why?

Be honest with yourself—where does your excitement fall right now? What's contributing to that number?

My excitement rating: _____ / 10

Because:

6. What skills or passions are you not using right now?

List any talents, skills, or interests that don't have much room in your current work routine, but that you wish you could bring to the surface.

7. What would your "ideal day" look like if you could redesign just 10% of your workweek?

Imagine making a small but meaningful change—what would you add, remove, or shift to make your workweek a little more energizing?

Thank you for taking the time to reflect on your career energy!

Stay curious, stay inspired, and remember that even small changes can reignite your enthusiasm.

Visit www.leapretirement.com for more tools and support from Leap Retirement Coaching.