



Energy Journal

For the next week, pay attention to how you feel as you complete tasks throughout the day.

While some activities will be “energy neutral,” many activities will either give you a surge of positive energy or will feel like they are draining the life out of you.

As you write down the energizing & draining activities below, look for patterns.

Notice how they are connected with your strengths.

ENERGIZERS

DRAINERS

GOAL: Do more of what *energizes* you & less of what doesn't.