

Energy Inventory

Please wait for guidance during the workshop before completing this exercise.

Use this tool to explore what drains your energy and what restores it.

This exercise is about awareness, not self-criticism. By noticing your patterns with openness, you give yourself the power to choose what supports your well-being.

Energy Drainers: People, practices, places, or habits that **take more than they give** and leave you feeling tense, depleted, overstimulated, or stretched. ***Examples:** overcommitment, multitasking, constant notifications, saying yes when you meant no, clutter, comparison, unresolved tension.*

Energy Gainers: People, practices, places, or habits that **restore your energy** and help you feel grounded, calm, clear, or uplifted. ***Examples:** meaningful conversations, rest, movement, time in nature, creativity, laughter, gratitude, and intentional pauses.*

ENERGY DRAINERS

ENERGY GAINERS

Reflection:

What is one small shift you can make this week to help you realign your energy, choosing more of what restores you and less of what drains you?