Energy audit

List what drains your energy and what gives it back.

Name _____ Date _____

Think through a typical week: the tasks, the people, the places, the habits. Some leave you with less energy than you started with. Some give energy back.

Drains	Chargers
What leaves me depleted?	What leaves me with more in the tank?

This week, how full is my battery overall?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Empty Full

One drain I could reduce, limit or stop

One charger I will add or do more often, and when

What gets in the way of recharging, and what would help?

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