

Energy Reflection Journal

Over the next week, pay attention to how your energy changes with the different activities you take part in, both at work and outside. Make notes each day on what increases your energy, fills you with excitement, or simply makes you feel happier. This can be both the act of what you're doing, and/or the context and the content of what you're focused on. Do the same noting activities that drain your energy or leave you feeling low. Try to track as much as possible, even if you think it may be irrelevant.

[You may want to print this page to bring it around with you]

Day 1:

+ Energy

- Energy

Day 2:

+ Energy

- Energy

Day 3:

+ Energy

- Energy

Day 4:

+ Energy

- Energy

Day 5:

+ Energy

- Energy

Day 6:

+ Energy

- Energy

Day 7:

+ Energy

- Energy

Reflection Time. Take some space to look back over all the items you've tracked. Create one single list. Review all the data that's in front of you now:

- 1) What are the themes?
- 2) Is anything repeated often? Does anything stand out as a strong reaction?
- 3) What takeaways do you have from reflecting on all of this? What has opened up for you?
- 4) Bonus - can you think of any practices that could use your positive energy moments to help pull you out of the negative energy moments?