




Your Energy Map



Track what dims your light
and what brings it back.

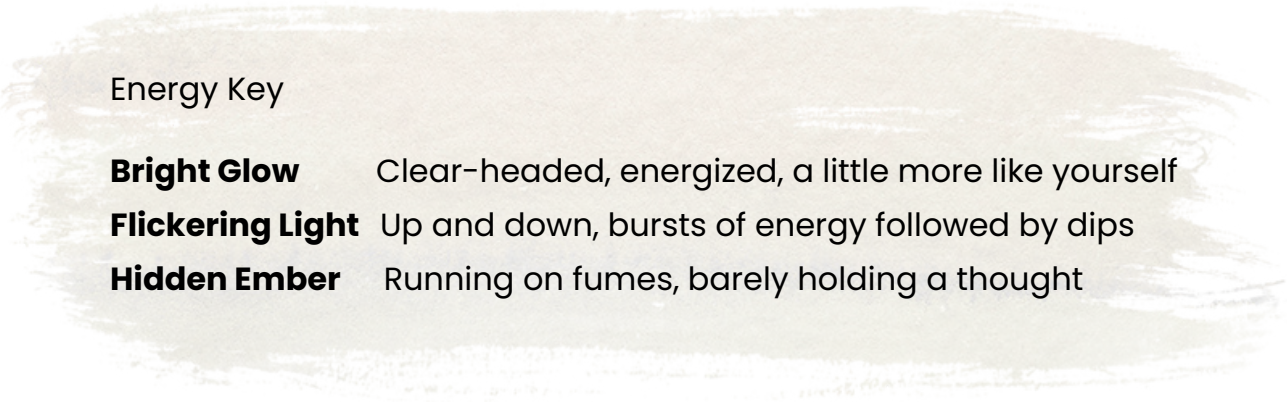
Why Energy Mapping?

Think of this like drawing your own treasure map—but instead of gold, you're uncovering the patterns that help you rest, recharge, or get things done. 

This isn't about fixing yourself. It's about noticing what your body's already been trying to tell you. Track a day or a week—whatever you've got in you. This is about clarity, not perfection.

How to Use This Map

1. Pick your timeframe. Yesterday, this week, or just one day that asked a lot of you.
2. Break your day into parts: Morning, Midday, Afternoon, Evening.
3. Label your energy using the key below.
4. Add quick notes. Who or what helped—or totally didn't.



Energy Key

- | | |
|-------------------------|--|
| Bright Glow | Clear-headed, energized, a little more like yourself |
| Flickering Light | Up and down, bursts of energy followed by dips |
| Hidden Ember | Running on fumes, barely holding a thought |



Today's Energy Map

Track one day's rhythm—gently. No need to overanalyze.

Just notice what dimmed your light, and what brought it back.

Time of Day	Energy Type	What Was Happening	Notes (Feelings, patterns, insights)
Morning			
Midday			
Afternoon			
Evening			

Quick Reflection:



What dimmed your light today—and what helped bring it back, even a little?



Create Your Energy Filter

Choose where your light goes so you still have some left for *yourself*.

What consistently drains your light—even in small ways?

People, tasks, habits, decisions, clutter, expectations.

You can label them like this:

- Drainer 1: _____
- Drainer 2: _____
- Drainer 3: _____

What brings your light back—even just a little?

Small things count: a deep breath, a song, sunlight on your face.

You can label them like this:

- Booster 1: _____
- Booster 2: _____
- Booster 3: _____

This Week, I'll Strengthen My Filter By...

Choose one small action that helps protect your energy.

Start with something simple you can try this week.

This week, I will: _____



Quick Reflection:

Which energy drain is the hardest to filter right now?

Which booster feels easiest to lean into?