

ENERGY INVENTORY

What Drains Me and What Restores Me?

Just as some activities replenish our energy, others leave us feeling depleted.

The goal of this exercise is not to eliminate every stressor or responsibility. Rather, it is to become more aware of where your energy is going and identify opportunities to create better balance.

Activities and Situations That Tend to Drain Me

Circle or check any that apply.

Physical Drainers

- ☐ Poor sleep
- ☐ Overcommitting
- ☐ Lack of movement
- ☐ Pain or discomfort
- ☐ Frequent medical appointments
- ☐ Clutter or disorganization
- ☐ Long days without rest

Other:

Emotional Drainers

- ☐ Worrying
- ☐ Conflict
- ☐ People-pleasing
- ☐ Perfectionism
- ☐ Guilt

Energy Inventory (continued)

- ☐ Comparing myself to others
- ☐ Feeling responsible for everyone else's needs

Other:

Social Drainers

- ☐ Large gatherings
- ☐ Difficult relationships
- ☐ Constant texting or phone calls
- ☐ Social obligations
- ☐ Lack of boundaries
- ☐ Spending time with negative people

Other:

Mental Drainers

- ☐ Information overload
- ☐ Excessive news consumption
- ☐ Too much screen time
- ☐ Multitasking
- ☐ Decision fatigue
- ☐ Constant interruptions

Other:

Energy Inventory (continued)

My Personal Energy Drainers

What consistently leaves me feeling exhausted, overwhelmed, or depleted?

Activities That Restore My Energy

What activities help me feel calmer, happier, stronger, more connected, or more like myself?

Reflection

Looking at the lists above:

What is one drain I could reduce, delegate, simplify, or set a boundary around?

What is one restoring activity I could intentionally make time for this week?

My Enlightened Exchange

One thing I will do less often:

One thing I will do more often:

Why this matters to me:

Energy Inventory (continued)

Remember

Life will always contain responsibilities, challenges, and stressors.

The goal is not to eliminate every demand on your time and energy.

The goal is to become more intentional about how you spend the energy you have and to make room for the activities, people, and experiences that help you thrive.