

Weekly Energy Audit

"Awareness is the first step toward renewal."

Take a moment to reflect on your week and tune into your energy patterns. This simple audit helps you identify what fuels you and what depletes you, creating awareness that leads to positive change.



This Week's Wins  What gave me energy this week?

Reflect on moments, activities, or interactions that left you feeling energized and alive.



Energy Drains  What drained me most this week?

Notice patterns in what consistently depletes your energy reserves.

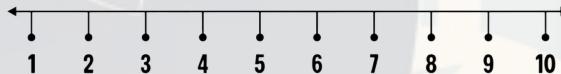
One Adjustment  One small shift I can try next week:

Focus on just one manageable change that could improve your energy balance.

Small shifts create lasting transformation.

Energy Scale 

Circle or shade your overall energy level this week:



Remember, this audit is a tool for self-compassion, not self-judgment. Each week offers new opportunities to align your choices with your energy and well-being.

Please share with credit

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