

# ENERGY AUDIT

## Know What Drains You. Fuel What Sustains You.

Your energy is one of your most important resources. Use this audit to spot patterns, reduce what drains you, and protect what fuels you so you can stay energized and in control.



### ENERGY DRAINERS

*What leaves you feeling drained, depleted, or off-balance?  
Jot the activities, environments, or habits that wear you out.*



### ENERGY GIVERS

*What leaves you feeling energized, nurtured, or simply good? Write down the things that uplift or restore you.*

Now take a moment to reflect. These questions can help you turn your list into meaningful insights and action:

1. What stood out to you the most as you filled this out?
2. What shift or change feels most important after seeing your list?
3. What's one small action you're willing to take this week to honor your energy?