

Energy Audit Tool

Purpose

Your energy offers honest information. This tool helps you notice what supports you—and what quietly drains you.

Step 1: Check In

Pause and notice how your energy feels right now.

Right now, my energy feels:

- ☐ Full
 - ☐ Steady
 - ☐ Low
 - ☐ Scattered
 - ☐ Depleted
 - ☐ Other: _____
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Step 2: Energizing

Think about the past week.

What has left you feeling more energized or supported?
(people, activities, routines, environments)

Step 3: Draining

What has consistently drained or reduced your energy?

Step 4: Gentle Adjustment

No overhaul required.

One small change that could protect or support my energy is:

Reflection

Energy doesn't judge—it informs. When you listen to it, alignment becomes clearer.
