

Energy Audit

On the left side of the page write everything that gives you energy. Activities, people, things, music, places, foods. You name it. If it gives you energy, it goes here.

On the right side, write everything that drains your energy. Activities, people, places etc.

You may notice some overlap and in some circumstances something may be energising but in another draining. Don't worry about this, just write it down.

ENERGIZING

DRAINING