

A 30K-VIEW RESET FOR REAL LIFE



THE ENERGY LEAK MAP

**Find what is draining you.
Decide what is yours. Reclaim your peace.**

A practical guided workbook for the capable, caring woman who is carrying way too much.

THAT Friend
KORI.

**Perspective changes
what you do next.**

Honest perspective. Clear next steps.

BEFORE YOU BEGIN

You do not need another planner.

You need enough distance to see what is quietly taking your energy. This map is not about fixing everything today. It is about getting the noise out of your head, separating your responsibilities from everyone else's, and choosing one peaceful next step.

Your only job: tell the truth on paper.

Do not organize it. Do not make it sound reasonable. Do not worry about what you should feel. Write what is actually taking up space.

RIGHT NOW, MY ENERGY FEELS...



EMPTY



STRETCHED



OKAY



STEADY



FULL

WHAT FEELS HEAVIEST TODAY?

Name the thing you keep circling back to, even when you are doing something else.

WHAT WOULD FEEL LIKE RELIEF?

Not a perfect life. Just a little more room to breathe.

STEP 1

Inventory the noise

Dump every running loop onto the page. Big, small, practical, emotional, ridiculous - if your brain keeps reopening the tab, it belongs here.

FAMILY + RELATIONSHIPS

People, moods, conversations, conflict, adult kids

HOME + LOGISTICS

Appointments, errands, repairs, projects, paperwork

WORK + MONEY

Deadlines, decisions, bills, unfinished tasks

ME + WHAT COMES NEXT

Health, faith, desires, decisions, the future

Find the emotional leaks

Look back at your brain dump. These prompts help you spot the weight you are carrying because you feel responsible for keeping everyone happy, comfortable, or protected from consequences.

Circle anything you are holding mainly because...

- ☐ Someone may be disappointed in me.
- ☐ I do not trust them to handle it.
- ☐ It feels easier to do it myself.
- ☐ I am afraid of what will happen if I step back.

THE CONVERSATION I KEEP REPLAYING

What happened? What do I know for sure? What am I assuming?

THE FUTURE PROBLEM I AM TRYING TO SOLVE TODAY

If it is more than two weeks away, what would happen if I stopped mentally living there?

CROSS OFF OR STAR

Cross off anything more than two weeks away that does not require action now. Put a star beside the three items taking the most energy today.

STEP 2

Sort what is actually yours

Responsibility and love are not the same thing. You can love someone deeply without managing their decisions, reactions, schedule, or happiness.

MINE

I can act on this.

SHARED

I can communicate or ask.

NOT MINE

I can release this.

Choose three ways to stop the leak:

- ☐ Two things my adult kids can manage without me:

- ☐ One parent/family task someone else can share:

- ☐ One home project I can pause for 30 days:

- ☐ One expectation I am allowed to release:

STEP 3

Reclaim your perspective

You cannot hear yourself clearly while everyone else's needs are shouting. This page is where you come back to your own life.

TEN QUIET MINUTES

Sit in your car or another quiet place. No music. No podcast. No errands. What became noticeable when the noise stopped?

WHAT DO I ACTUALLY WANT FROM THIS NEXT CHAPTER?

Write completely apart from what your spouse, kids, parents, friends, or work need from you.

WHAT AM I ALLOWED TO CHANGE MY MIND ABOUT?

The whole path does not have to be clear before you choose a new direction.

Perspective check

If nobody else's opinion or comfort were part of this decision, what would I already know?

Take back a little energy today

Clarity does not always arrive as a giant answer. Sometimes it looks like one task handed back, one project paused, one honest boundary, and one hot cup of coffee you actually get to finish.

STOP

What will I stop carrying?

ASK

What support will I request?

CHOOSE

What matters today?

THE ONE THING I WILL DO IN THE NEXT 24 HOURS

Keep it small, specific, and completely within your control.

A QUIET REMINDER

**You are allowed to put down what is not yours
and trust God with what you cannot control.**

Today, peace can look like:

You are not failing. You are carrying too much.

Now you can see it. And seeing it changes what you do next.

MEET THAT FRIEND KORI

Hi, I'm Kori.



I created That Friend Kori for women who are not lost - they are simply too close to their own lives to see the whole picture.

I offer loving truth, practical perspective, and clear questions that help you recognize patterns, trust yourself again, and move forward with clarity, confidence, and faith.

Come back to this map whenever your mind feels noisy, everyone else's needs feel louder than your own, or you need help seeing the 30,000-foot view.

ONE LAST THING, FRIEND...

You do not need permission to protect your peace.

But if you have been waiting for it, consider this your permission slip.

THAT FRIEND KORI

Real talk. Clear answers. Courage to move forward.