

Energy Inventory & Your Personal Energy Plan



This is a proven and powerful tool to assess the energy givers and drainers in your reality and maintain a healthy level of energy across the whole spectrum. Every day for a week, list what drained your energy, and what gave you energy. Then, complete the exercises on the second page. Do it regularly to stay aware, in control, and on track.

Make a conscious choice about where you spend your energy, and where you draw it from.

The Wellbeing Spectrum



Physical



Mental



Social/Cultural



Spiritual



Emotional



Financial



Environmental /Home



Career/ Occupational

ENERGY GIVERS



Physical: Exercise, movement, deep breathing, nutrition, hydration, good sleep, enough rest, comfortable/safe home environment.

Mental: Learning, time-blocking, mindfulness, self-regulation, self-talk, clear to-do, goals, simplicity, creative outlet, digital detox, working in your zone of genius.

Social/Cultural: Positive relationships, cultural connections, volunteering, social activities, a sense of belonging, authenticity, assertiveness.

Spiritual: Gratitude, connecting with personal values, meditation, prayer, journaling.

Emotional: Self-acceptance, coping strategies, hobbies, boundaries, self-expression, a sense of belonging, supportive relationships.

Financial: Budgeting, feeling financially secure, tracking income, charging appropriately, paying off debt, setting financial goals.

Environmental: Tidy, clutter-free space, natural light, calming scents, organised digital environment, nature exposure, peaceful atmosphere.

Career/Occupational: Work aligned with values, using strengths, meaningful goals, feeling appreciated, work-life balance, doing what you love.

ENERGY DRAINERS



Physical: Lack of exercise or too much exercise, poor sleep, poor nutrition, dehydration, pain, clutter, lack of rest/downtime.

Mental: Mental overload, negative self-talk, multitasking, unclear priorities, decision fatigue, financial stressors, excessive screen time, overthinking, second-guessing.

Social/Cultural: Toxic relationships, loneliness, overcommitment, feeling misunderstood, resentment, comparison, conflicts, people-pleasing.

Spiritual: Disconnection from values, lack of spiritual practice, living out of alignment, feeling purposeless.

Emotional: Suppressed emotions, negative emotional patterns, unresolved trauma, excessive worry, poor boundaries, imposter syndrome, toxic relationships.

Financial: Avoiding finances, undercharging, inconsistent income, overspending, unclear pricing, comparing financial success, debt stress.

Environmental: Clutter, noise, harsh lighting, digital mess, lack of safety or privacy, overstimulating environment, no access to nature.

Career/Occupational: Misaligned work, toxic clients or colleagues, unclear direction, doing everything alone, lack of fulfilment, unrealistic demands, too many/not enough clients.



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Self-Coaching Tool



REFLECTION

Identify your three main energy drainers in the last week.

Identify your three main energy givers in the last week.

ACTION PLAN

What three things will you start or continue doing to boost your energy and wellbeing?

How will you stay on track? Who can support you?

What are you ready to stop doing or tolerating? What have you had enough of?

How will you make it happen? What will do first? Second? Who can support you?

