

BUILDING YOUR ENERGY & SELF-CARE TOOLKIT ENERGY MAPPING LOG

Where Does My Energy Go?

Instructions: This week, pay attention to how different activities, people, and environments affect your energy. Track your daily experiences and colour-code them:

- **Red:** Draining (leaves you tired, overwhelmed, or low)
- Grey: Neutral (no big effect either way)
- • Green: Charging (makes you feel energised, joyful, or refreshed)

Step-by-step:

- 1. Use the table below as a guide to track at least 3–5 key moments each day.
- 2. Reflect at the end of the week to identify any patterns.

Example Entry:

Time	What I Did	Who Was Involved	Energy Colour	Notes
10am	Zoom team meeting	Manager		Felt tense and drained
1pm	Walk in the park	Alone		Sunshine boosted my mood



BUILDING YOUR ENERGY & SELF-CARE TOOLKIT ENERGY MAPPING LOG

Your Daily Log:

Time	What I Did	Who Was Involved	Energy Colour	Notes

Weekly Reflection:

- What types of activities tend to energise me?
- What tends to drain me?
- What small changes could I make to balance my energy better?