





Where Does My Energy Go?

- ■ 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



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?