

Your Personal Energy Menu Worksheet

Creating an "Energy Givers vs. Energy Drainers" list can help you design a daily routine that supports your well-being. Use this worksheet to identify the activities, people, places, and rituals that affect your energy levels.

Instructions:

1. In the "Energy Givers" column, write down everything that helps you feel energized and recharged. These could be activities, time spent with certain people, specific places, or daily rituals.
2. In the "Energy Drainers" column, list everything that tends to drain your energy, such as tasks, people, or habits.
3. Use this menu as a reference when planning your day to ensure you are including energy-giving activities.

Energy Givers	Energy Drainers

Tips for Use:

- Review this list regularly to update it as you learn more about what affects your energy.
- Plan your day to prioritize more energy givers and reduce or manage the energy drainers.

Download and print this worksheet to keep as a daily reminder of how to balance your energy.