

ENERGY AUDIT

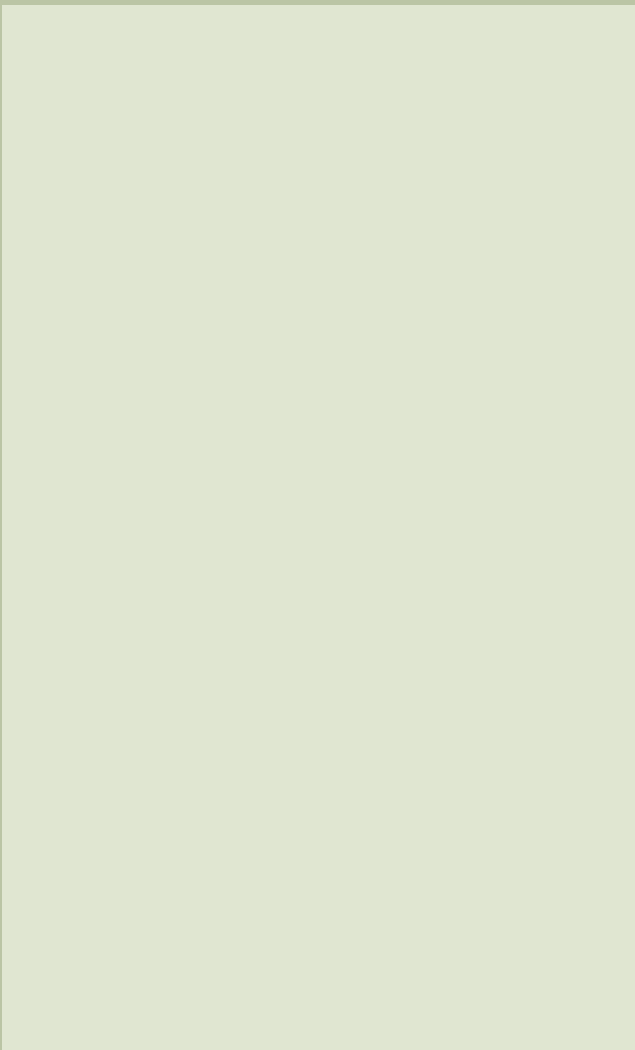
We often plan our schedule according to the time we have available in a day or a particular period of time. However, each task takes a different amount of energy in order to complete.

A more effective way to plan your days may include taking into account where your energy is distributed.

An energy audit provides you with an opportunity to evaluate where your energy is currently going so that it can help you to decide how to spend your time and energy in more effective ways.

In the space provided below, record the tasks/ activities in your life that drain you and energize you, for example, time with Samantha may drain you but walking your dog may energize you.

The things that drain me



The things that energize me

