

Energy Audit & Reset Planner

DAILY ENERGY TRACKER

Morning Energy: ☐ Low ☐ Medium ☐ High

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Midday Energy: ☐ Low ☐ Medium ☐ High

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Evening Energy: ☐ Low ☐ Medium ☐ High

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Notes: _____

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Notes: _____

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Notes: _____

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ENERGY AUDIT CHECKLIST

Energy Drainers (write at least 3 for each):

- ☐ Mental:
- ☐ Physical:
- ☐ Emotional:

▲ Energy Boosters:

- ☐ What activities/people/habits lift me up?

QUICK DECLUTTER

- ☐ Clean desk.
- ☐ Clear inbox.
- ☐ Delete unused apps.
- ☐ Journal emotional clutter.
- ☐ Declutter your Mind.

RESET RITUALS & HABITS

Create Your Energy Rituals

- ☐ My Morning Reset Ritual: ____
- ☐ Midday Recharge Plan: ____
- ☐ Evening Wind-Down Routine: ____

MINI HABIT CHECKLIST

- ☐ Hydrate
- ☐ Deep breathing
- ☐ 10-minute walk
- ☐ Gratitude list
- ☐ Affirmations

GRATITUDE + MANIFESTATION

Align Your Energy Prompts:

- ☐ 3 Things I'm Grateful For Today
- ☐ One Thing I'm Manifesting:
- ☐ Today's Affirmation: "I am _____"

WEEKLY RESET REVIEW

Weekly Energy Reflection Questions

- ☐ What energized me this week?
- ☐ What drained me?
- ☐ What can I let go of?
- ☐ One thing I'll do differently next week.