



EMOTIONAL ENERGY CHECK

A Guided Worksheet to Connect and Nurture Your Inner Vitality

Name: _____

Date: _____

Current Energy Level

Circle or mark your current energy level:

Low – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – High

How I'm Feeling

Check all that apply:

- Calm
- Happy
- Tired
- Stressed
- Overwhelmed
- Anxious
- Irritated
- Balanced
- Other: _____



What's Affecting My Energy?

Reflect on what has been impacting your energy today.

Energy Drainers vs Boosters

Energy Drainers (What lowers my energy):

Energy Boosters (What helps my energy):

Reset Plan

Consider what you can do to support or restore your energy:

Reflection

Take a moment to reflect on what you've learned about your energy today:

- What did I learn about my energy today?

- What can I do differently next time?

"My energy matters. I can take small steps to care for it."