

Energy Mapping Worksheet

Understand what gives you energy and what drains it



In this activity, you will learn to **identify and map your daily energy patterns** to understand what activities energize you and what activities drain you. This will help you develop strategies to better manage your energy and improve your overall well-being.

Welcome to Energy Mapping

Understanding your **energy levels** is crucial for maintaining good mental health. Just like a battery, your energy can be charged and drained throughout the day. By identifying what activities affect your energy, you can make conscious choices to **optimize your well-being**.

Fill in the Worksheet

Complete the sections of the worksheet below to keep track of your energy levels throughout the day.

Name: _____

Date: _____

Check-In Your Daily Energy

Mood (circle or write):

Energy Level (1–10): _____

Sleep Quality: Poor / Okay / Good

Notes: _____

Map Your Activities

Use the table below to list activities that give you energy and those that drain you.

Energizing Activities	Draining Activities

Be Time Aware

When do I feel most energized? _____

When do I feel most drained? _____

Reflect on Boundaries

What is one boundary I can set to protect my energy?

What can I reduce or say no to?

Create an Action Plan

1 small change I will make today:

How I will recharge:

Building Connections

Now, let's connect your energy mapping with real-life situations to see how it can help you better manage your energy levels. Complete the table below to reflect on what you have learned.

Key Concept	Your Understanding	Why is this important?
Energy Drain	<i>Something that takes away your motivation</i>	<i>Helps to recognize patterns</i>
Personal Boundaries		
Recharging Techniques		
Other:		

Try it Out

Use what you've learned to answer the questions below to better understand how to apply the concepts we've covered.

Scenario-based Question	Response
You have a friend who always calls you late at night when you're trying to sleep. How would you set a boundary to protect your energy?	
You notice that scrolling through social media always makes you feel drained. What small change can you make today to address this?	
After a long day of school, you feel completely exhausted. What is one way you can recharge your energy?	

Reflect on Learning

Now you've completed the activities, it is time to reflect on the process and the understanding you've built. This will enable you to refine your approach and internalize all that you have learned.

Explain how completing the Energy Mapping Worksheet has changed your understanding of your daily energy patterns.

What was the most surprising thing you discovered about your energy levels during this activity?

How will you use what you learned from this activity to manage your energy in the future?