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## My Energy Mapping Exercise

This exercise is designed to help you understand where your energy is being drained and where it is being restored.

There is no right or wrong answer — simply notice what feels true for you right now.

### Part 1: Energy Drains

#### Reflection:

Which of these drains feel unavoidable?

Which are boundary-related?

Which are self imposed?

## **Part 2: Energy Sources**

### **Reflection:**

How often do you intentionally engage in these?

Which one could you increase this week?

### **Final Insight:**

What have you learnt about your energy?