

Energy Journal Guide

A gentle guide to daily self-awareness and energy management.



Pause & Reflect

Take moments to pause and reflect on your daily experiences.

Understand Your Rhythm

Discover and understand the rhythm of your inner resources.

Restore Your Energy

Identify what truly drains you and what genuinely restores your energy.

Begin Today

You don't need to wait for a Monday or a new month or a moment when you feel completely ready. You can begin this practice right now, today, exactly as you are. Your awareness is enough. Your willingness to notice is enough.

Take a breath and ask yourself: What drained me today? What filled me up? Even if nothing comes to mind immediately, you've started the practice of asking. You've turned your attention inward with gentleness and curiosity.

This journal is an invitation to know yourself more deeply, to honor your experience, and to make choices that support your vitality. It's a small act of self-care that ripples outward, affecting every area of your life. As you become more attuned to your energy, you become more present, more intentional, and more alive.

"The privilege of a lifetime is to become who you truly are." — **Carl Jung**

May this practice support you in becoming more fully yourself—awake to your needs, grateful for what nourishes you, and compassionate with what depletes you. Welcome to your energy journal. Welcome home to yourself.

Understanding Your Energy Landscape

Energy as Currency

Think of your daily energy as a renewable resource that flows in and out throughout your day. Like a bank account, you make deposits and withdrawals—but unlike money, energy replenishes through awareness and intentional rest. Understanding this flow is the first step toward sustainable well-being.

Every interaction, task, and environment either adds to or subtracts from your energy reserve. Some drains are obvious—a difficult conversation or a sleepless night. Others are subtle—the background noise of notifications or the weight of unspoken feelings. Learning to notice these patterns transforms how you navigate your days.

The Power of Noticing

Self-awareness isn't about judgment or fixing yourself. It's about witnessing your experience with curiosity and compassion. When you simply notice what drains and fills you, without trying to change it immediately, something shifts. You begin to see patterns, make conscious choices, and honor your needs.

This journal provides a structured space for that noticing. By naming what depletes and restores you each day, you create a map of your inner terrain. Over time, this map reveals insights about your values, boundaries, and the conditions that help you thrive.

What Drains Me Today?

Energy drains are the experiences, interactions, and circumstances that leave you feeling depleted, overwhelmed, or emotionally exhausted. They're not always negative events—sometimes positive obligations or exciting opportunities can drain us too. The key is recognizing when something costs more energy than you have to give.

Common energy drains include difficult conversations that went unresolved, tasks you've been avoiding that create background anxiety, environments that feel chaotic or overstimulating, interactions with people who demand more than they give, or internal states like worry, self-criticism, or perfectionism. Physical factors matter too—poor sleep, skipped meals, or lack of movement all tax your reserves.

When identifying what drained you today, be specific. Rather than writing "work was stressful," notice what exactly felt draining. Was it the back-to-back meetings with no breaks? The email that challenged your competence? The fluorescent lighting and lack of fresh air? The more specific you are, the more actionable your awareness becomes.

Remember, naming a drain isn't complaining—it's data collection. You're not dwelling on negativity; you're gathering information about your needs and limits. This awareness empowers you to make different choices tomorrow, set boundaries where needed, or simply give yourself permission to rest after a particularly draining day.

Common Energy Leaks to Notice



Relational Drains

Conversations that feel one-sided, unresolved conflicts, people-pleasing, or absorbing others' emotions without boundaries.



Time Pressure

Rushing between commitments, unrealistic deadlines, multitasking, or having no buffer time between activities.



Mental Loops

Overthinking decisions, ruminating on past events, worrying about the future, or harsh self-criticism that plays on repeat.



Environmental Stress

Cluttered spaces, constant noise, poor lighting, uncomfortable temperatures, or lack of access to nature and fresh air.

These categories aren't exhaustive—your drains may look entirely different. Use them as starting points for your own exploration, and trust your body's wisdom about what depletes you.

What Filled Me Up Today?

Energy sources are the moments, practices, and connections that restore your vitality and leave you feeling more alive. These aren't always dramatic events—often, the most potent sources of energy are quiet, simple, and easily overlooked if you're not paying attention.

Common energy sources include genuine connection with someone who truly sees you, moments of creative expression or flow, time in nature or with animals, physical movement that feels good in your body, activities that engage your curiosity or sense of play, accomplishing something meaningful, acts of kindness given or received, beauty that stops you in your tracks, or simply having unstructured time to be rather than do.

When naming what filled you up today, notice the quality of the experience. What made it restorative? Was it the presence of joy, peace, belonging, accomplishment, or freedom? Did you feel seen, valued, or capable? Understanding not just what restored you but why helps you seek out similar experiences intentionally.

Some energy sources are preventative medicine—like sleep, nutrition, or regular movement—that maintain your baseline reserves. Others are acute replenishment—the unexpected laugh with a friend or the sunset that made you pause. Both matter. Notice them all, from the mundane to the magnificent.

Sources of Energy to Cultivate

Sensory Pleasure

The warmth of morning coffee, soft textures, favorite music, or the smell of rain—simple sensory experiences that anchor you in the present moment.

Authentic Connection

Conversations where you feel truly heard, quality time with loved ones, or even brief exchanges that carry genuine warmth and presence.

Creative Flow

Any activity where you lose track of time—writing, cooking, gardening, problem-solving, making music, or building something with your hands.

Restorative Stillness

Moments of doing nothing—gazing out the window, sitting in silence, gentle stretching, or simply breathing without an agenda.

Your Daily Energy Journal Entry

This is your daily practice space—a place to pause and reflect on the energy flows of your day. Approach this with curiosity rather than judgment. There's no right or wrong way to feel, and every day will look different.

Date:

Begin by noting today's date. This simple act of marking time creates a record you can look back on, revealing patterns across weeks and months.

What drained me today?

Name the specific energy leaks you noticed.

- _____
- _____
- _____
- _____

Be honest and specific. Remember, acknowledging a drain isn't complaining—it's honoring your experience and gathering data about your needs.

What filled me up today?

Capture the moments that recharged you.

- _____
- _____
- _____
- _____

Even on difficult days, try to find at least one small thing that restored you. This trains your attention toward nourishment and possibility.

Making Journaling a Sustainable Practice

01

Choose Your Time

Find a consistent time that works for you—perhaps in the evening before bed, or first thing in the morning while reflecting on yesterday. Consistency builds the habit.

02

Keep It Simple

This isn't an essay assignment. Bullet points are perfect. Even single words can be enough. The goal is awareness, not eloquence.

03

Release Perfectionism

Some days you'll write a lot, other days very little. Some days you'll skip it entirely. That's okay. Each entry is a fresh start, without judgment.

04

Review Periodically

Once a week or month, read back through your entries. Notice patterns—recurring drains that need addressing or reliable sources of energy to cultivate more intentionally.

Remember, this journal is for you—not for performance, not for perfection. It's a conversation with yourself, a way of staying connected to your inner experience in a world that constantly pulls your attention outward.

The Long-Term Benefits of Energy Awareness

Over time, this simple daily practice can transform your relationship with yourself and your life. By consistently noting what drains and fills you, you develop a sophisticated understanding of your needs, values, and the conditions that support your well-being.

You'll begin to recognize patterns you couldn't see before. Maybe Tuesday afternoons always feel depleting—is it a particular meeting, or have you not eaten since breakfast? Perhaps weekend mornings consistently fill you up—what about those moments could you bring into weekday routines?

This awareness empowers you to make different choices. You might set a boundary with someone who consistently drains you, or schedule your most demanding work during your high-energy times. You might intentionally build in small restorative practices throughout your day rather than waiting until you're completely depleted.

Most importantly, you develop compassion for yourself. You stop judging yourself for being tired or overwhelmed, and start honoring the very real demands on your energy. You learn to work with your capacity rather than against it, creating a more sustainable and satisfying way of living.

21

Days to Habit

Research suggests it takes about three weeks of consistent practice for journaling to feel natural and automatic.

5

Minutes Daily

Just five minutes of reflection each day can provide meaningful insights into your energy patterns.