

ENERGY INFLUENCE CHART DIRECTIONS

This exercise is to identify your primary influencers, where they exist in your life, any triggers of your behavior they influence, and if they are inspiring/uplifting, limiting/draining, supportive/nurturing and doubtful/discouraging interactions.

Knowing how those closest to you express their life experience, along with identifying when, where and how they enter your life, allows you to strategize energy intentions. You may have very important people in your life you do not want to release, and this information is a way to keep them without experiencing harm.

1. Develop this chart to identify who, when, where and how your interactions are impacting your natural energy flow.
2. Enter the day of the week, not the date, for easier reflection upon completion.
3. After you have completed the chart, transfer your data into the calendar you look at every day.
4. Make sure it is somewhere you see it frequently throughout your day. This information will not benefit you stored in a drawer or placed on a shelf in a binder.
5. If you need to create a shorthand, you are on your own for that one 😊
6. This calendar will become one of the first tools you refer to every day to ensure you are aware to be best prepared!

INFLUENCER ENERGY CHART

POSITIVE & NEGATIVE INFLUENCE						
INFLUENCER	AREA OF LIFE	DAY & TIME	AMT TIME DAY/WEEK	ENERGY +	ENERGY -	BEHAVIOR