

What's Draining Your Energy?

Simple awareness to help you identify what's leaving you feeling depleted and overwhelmed.

Choose and circle 1-2 areas to focus on this week. Keep it simple.

Mental & Emotional Load

Take a moment to reflect:

- What thoughts or worries keep repeating throughout your day?
- Where are you overthinking or second-guessing yourself?
- What feels mentally heavy right now?

Daily Habits & Routines

Consider your current patterns:

- What habits leave you feeling drained instead of supported?
- Where are you pushing through instead of pausing?
- What part of your day feels the most overwhelming?

Boundaries & Commitments

Notice where your energy is going:

- Where are you saying yes when you want to say no?
- What responsibilities feel misaligned or excessive?
- Where do you feel stretched too thin?

Environment & Inputs

Look at what you're taking in daily:

- What environments feel draining or overstimulating?
- How do social media, news, or conversations affect your energy?
- Where do you feel tension in your surroundings?

Physical Energy

Check in with your body:

- When do you feel most fatigued during the day?
- Are you getting enough rest, nourishment, and movement?
- What signals is your body giving you that you may be ignoring?

Start with one area today. Small awareness leads to meaningful change.

Over time, paying attention to what drains your energy helps you create more steadiness, clarity, and balance.

Ready for more support?

Join The Inner Light Circle or book a Clarity & Capacity Call to get started.

[Join The Inner Light Circle](#)

[Book a Clarity & Capacity Call](#)

Simple tools to help you feel more grounded, focused, and in control of your day-to-day life.