

# ENERGY BUILDER JOURNAL

Fill out this worksheet each morning. It's okay if your responses become repetitive—it will help you focus with intention and strength. At the end of the day, fill out the self-scoring section and set goals or determine how to keep getting better. Be kind to yourself and trust you'll keep growing over time.

The primary feelings I want to generate today are ... and how I'll generate them is...

Something that I am grateful about today is ...

The best time for me to schedule a break today to re-energize myself is ...

Something I can get really excited about for today is ...

One thing I can do today to improve my physical health is ...

## End-of-Day Self-Scoring

	Low				High
	1	2	3	4	5
1. I managed my energy well today.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I chose to bring joy to this day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I recharged throughout the day to stay energized.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I worked out today.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I wound down well tonight so I can sleep well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Add your score and multiply it by 4. That will give you a score as a percentage. Whatever your score, keep seeking clarity each day and you'll get better and better.

