

Reclaiming Energy Worksheet



Welcome

My name is Coach AJ, your Dope Life Coach and I strive to empower my fellow human beings to live and love their dope life!

I believe life is full of opportunities. It is my job to help you figure out how, and which opportunities to explore! It is my goal for you to be successful in the next chapter of your life.

It's a personal honour for me to have each client reach their aha moment or their YES! moment. I help people increase their self-care practices to feel more at peace and happy with their life.



Coach AJ



How to use this guide

Find a cozy and comfortable space to work on this guide. Take a few deep breathes and relax.

This guide soul purpose is to help practice self-care during the colder months on a regular basis. Use this guide maintain self-care regulary.

QUESTIONS?

info@dopelifecoach.com
www.dopelifecoach.com

 @dopelifecoach_
 @dopelifecoach

The Reclaim Series: Reclaiming Your Energy

Quote:

**"Almost everything will work again if you unplug it for a few minutes... including you."
— Anne Lamott**

Tip:

Do one thing a day that energizes you instead of drains you.

Challenge:

Say no to one obligation this week and replace it with intentional rest.

Self-Coaching Cue:

Am I restoring myself or just running on empty?

Affirmation:

I honour my energy because I honour myself.

Why this matters?

Energy is your most valuable currency. When it's mismanaged, everything suffers, your mood, your motivation, and your mental health. Reclaiming your energy means giving yourself permission to rest, reset, and realign with what fuels you ins

Use the R.E.S.T. method to protect your energy:

R — *Recognize*: Notice what's depleting or nourishing you.

E — *Eliminate*: Remove or reduce energy drains where possible.

S — *Schedule*: Build rest into your calendar like a meeting.

T — *Tune In*: Listen to your body and emotional signals.

Self-Reflection Questions

- 1. What is draining you right now (people, habits, roles)?**
- 2. What does true rest look like for you?**
- 3. Write one commitment to protect your energy this week.**

Are you interested in coaching? Reach out to me today to schedule your complimentary call!



info@dopelifecoach.com



416-894-9627



www.dopelifecoach.com