

Energy & Focus Audit

Identify what fuels you — and what drains you.

Fuel (+)	Drain (-)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

This week I will protect my energy by:

- Adding: _____
- Removing: _____

My highest-energy time of day: _____

I guard my energy like the sacred fire it is.