

Worksheet: Where Is My Energy Going?

Balance - September 2026: Week 3 ~ 9-21-26

1. What consistently leaves me feeling mentally or emotionally drained?

2. Which of these quietly use more energy than I realize?

- ☐ Worrying
- ☐ Overthinking
- ☐ People-pleasing
- ☐ Social media
- ☐ Constant notifications
- ☐ Clutter
- ☐ Unfinished tasks
- ☐ Difficult relationships
- ☐ Saying yes too often
- ☐ Trying to control things I can't control
- ☐ Comparing myself to others
- ☐ Other: _____

3. Who or what tends to leave me feeling lighter?

4. Who or what tends to leave me feeling heavier?

5. Choose one current energy drain.

The energy drain is:

Can I:

- ☐ Eliminate it
- ☐ Reduce it
- ☐ Delegate it
- ☐ Ask for help
- ☐ Create a boundary
- ☐ Change my expectations
- ☐ Stop worrying about it
- ☐ Accept that it's temporary

6. One small change I could make is:

7. What am I currently giving WAY more energy than it deserves?