

EXERCISE: Noticing your energy

(Chapter 1)

Step 1: Check in with your current energy. Pause for a moment and ask yourself the following questions, rating each dimension from 1 (very low) to 10 (very high). There's no right or wrong, this is simply a snapshot.

Energy Dimension	Question	Rating
Physical Energy	How does my body feel right now?	
Emotional Energy	What emotions are present? What's the tone of my inner voice?	
Mental Energy	How focused or scattered is my mind?	
Spiritual Energy	In what ways do I feel connected to what matters to me today?	

Step 2: Notice your daily rhythm. Think back over the last twenty-four hours:

Daily	Question	Time of the day (e.g., morning, evening)
Peak	When did I feel most energized or clear-headed?	
Trough	When did I hit a dip or feel drained?	
Rebound	When did I feel a second wind or a rebound?	

Step 3: Connect the dots. Look at your ratings and your rhythm

Question	Notes
Which energy dimension seems to influence my day the most	
Which dimension drops first when I'm stressed or tired	
Which dimensions feels easiest to replenish	
When during the day did I experience my peak, trough, and rebound?	
How well do my daily tasks match these natural rhythms? And if they aren't matched, what are some small changes I can make to take advantage of my natural energy patterns.	

Step 4: One small insight. Write down one thing you learned about your energy today.