

Energy Audit Worksheet

Identify what drains you. Protect what restores you.

Burnout doesn't announce itself — it accumulates quietly. This audit helps you see clearly where your energy is going and where it's coming from. Awareness is the first step to rebuilding.

STEP 1 — IDENTIFY YOUR DRAINS AND RESTORERS

WHAT DRAINS MY ENERGY	WHAT RESTORES MY ENERGY
At work: _____	Physical (movement, sleep, food): _____
At home: _____	Emotional (connection, expression): _____
In relationships: _____	Mental (creativity, learning, quiet): _____
In my thoughts: _____	Spiritual (prayer, nature, reflection): _____
In my schedule: _____	Social (who energizes me): _____
Other: _____	Other: _____

STEP 2 — RATE THE BALANCE

On a scale of 1-10, how would you rate the current balance between drains and restorers in your life?

1	2	3	4	5	6	7	8	9	10
Very Depleted					Fully Restored				

STEP 3 — CHOOSE ONE CHANGE

Based on your audit, what is ONE drain you can reduce this week?

What is ONE restorer you can protect or add this week?

"Rest is not a reward for finishing. It is part of the work."

— *Kindle the Light, Chapter 5*