

For three days, track every significant activity and honestly note whether it energised or drained you — and by how much. Rate impact: (+3 = very energising, 0 = neutral, -3 = very draining).

Day 1

Time	Activity / Event	People Involved	Impact (-3 to +3)	Notes

Day 2

Time	Activity / Event	People Involved	Impact (-3 to +3)	Notes

Day 3

Time	Activity / Event	People Involved	Impact (-3 to +3)	Notes

Analysis: Patterns I Notice

My top 3 energy DRAINERS:

My top 3 energy BOOSTERS:

Surprising patterns I noticed:
