ENERGY JOURNAL

Alice Chepeau

ENERGY JOURNAL

I recommend putting this journal where you'll see it daily, maybe by your desk for ongoing review.
Throughout the day for the next week, write down your feeling, note a ↗ if your mood is uplifted or ↘ low. Then be curious at to what the root cause is (what happened inside of you : thoughts, emotions), go deep asking yourself "why" after each answer until you are stuck.
At the end of the week, review your reflections and highlight or underline the themes that emerge.

MONDAY

	Feeling	Mood	Cause
Morning			
Mid-Morning			
Lunch			
Mid-Aftern.			
Late Aftern.			
Evening			
Bed Time			

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TUESDAY

	Feeling	Mood	Cause
Morning			
Mid-Morning			
Lunch			
Mid-Aftern.			
Late Aftern.			
Evening			
Bed Time			

WEDNESDAY

	Feeling	Mood	Cause
Morning			
Mid-Morning			
Lunch			
Mid-Aftern.			
Late Aftern.			
Evening			
Bed Time			

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THURSDAY

	Feeling	Mood	Cause
Morning			
Mid-Morning			
Lunch			
Mid-Aftern.			
Late Aftern.			
Evening			
Bed Time			

FRIDAY

	Feeling	Mood	Cause
Morning			
Mid-Morning			
Lunch			
Mid-Aftern.			
Late Aftern.			
Evening			
Bed Time			

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SATURDAY

	Feeling	Mood	Cause
Morning			
Mid-Morning			
Lunch			
Mid-Aftern.			
Late Aftern.			
Evening			
Bed Time			

SUNDAY

	Feeling	Mood	Cause
Morning			
Mid-Morning			
Lunch			
Mid-Aftern.			
Late Aftern.			
Evening			
Bed Time			

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End of Week Review + Reflections

What themes do you see?

What insights do you have about what drains you and what energized you?

How can you incorporate these things into your daily life or in various areas of your life?

(If you need more time, feel free to do this for another week or as long as you need to build your awareness).

Alice Chepeau

WHAT NEXT ?

To discuss your results and map out a strategy to raise, maintain and replenish your energy level, request your free clarity call by sending me an email to hello@alicechepeau.com

Subject line : Energy Journal Clarity Call

Let me know :
- what you found out doing this journal
- what you think you need help with
- what do you expect from this call

I look forward to hear from you
x Alice

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