

Energizers vs Drainers

WORKSHEET

Instructions

Feeling unsure about what to pursue in the year ahead? Too many things on your list of goals? Feeling pulled in too many directions?

Print this document and use it over the next month. Each day, take a moment to jot down a few things you did and place them in either the **Energizers** or **Drainers** column.

Energizers are activities that left you feeling energized, even if they weren't easy. Challenging tasks like running, baking croissants, or learning a new photography skill can be incredibly invigorating. While they require effort, they often result in a net positive boost of energy.

Drainers, on the other hand, are things that leave you depleted or physically and/or mentally tired. They're energy vampires.

This quick daily inventory is designed to take no more than five minutes. You can complete it at the end of the day or in the morning while reflecting on the previous day.

Don't strive for perfection. If you miss a few days, that's okay! Don't let it throw you off track. Even capturing just a few days can provide valuable insights.

By the end, you'll notice key patterns emerging—unexpected sources of energy that highlight where to focus your efforts, and recurring drains that hold you back, hindering your progress toward the bigger picture.

These insights will provide clarity on what to prioritize and guide you in setting better, more focused goals.

ENERGIZERS

DRAINERS

EXAMPLE

Creating a moodboard
Baking a batch of muffins

Editing a video
Organizing logistics for a photoshoot

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

“You don’t have to be perfect to be amazing.”

— Unknown

ENERGIZERS

DRAINERS

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

"Continuous improvement is better than delayed perfection."

— Mark Twain

ENERGIZERS

DRAINERS

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

“Gracing yourself with responsibility for everything that happens in your life leaves your spirit whole and leaves you free to choose again.”

— Rosamund Stone Zander

ENERGIZERS

DRAINERS

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

"Don't ask yourself what the world needs. Ask yourself what makes you come alive and go do that. Because what the world needs is people who have come alive."

— Howard Thurman

ENERGIZERS

DRAINERS

DAY 29

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DAY 30

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DAY 31

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NOTES & REFLECTIONS