

Personal Energy Check-in

English

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5min

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Daily

HOW TO USE THIS TOOL

1. Take 30–60 seconds. Scan each of the six zones below.
2. Notice what's high, low, or needing attention.
3. Choose ONE tiny action (2% shift) to support yourself.

This ritual builds emotional literacy, self-trust, clarity, and energy sovereignty — slowly, gently, consistently.



Physical Energy

- ☐ Am I rested?
- ☐ Have I eaten well and enough?
- ☐ Do I need water?
- ☐ Am I tense, overstimulated, or tired?
- ☐ What is my body asking for right now?



Emotional Energy

- ☐ What emotion is present in me right now?
- ☐ How accessible is joy, pleasure or satisfaction?
- ☐ Do I need comfort, expression, or space?
- ☐ Am I carrying emotional load alone?



Mental Energy

- ☐ What story is my mind telling me?
- ☐ Is this a real threat or a mental spiral?
- ☐ Am I overwhelmed, scattered, or clear?
- ☐ What one thought is loudest right now?



Behavioural Factors

- ☐ What am I doing that's making today harder?
- ☐ What is one tiny action that would make today easier?
- ☐ What's one thing I can stop, pause, or delay?
- ☐ Am I acting from alignment or overwhelm?



Relationship Factors

- ☐ Who feels nourishing today?
- ☐ Who feels draining today?
- ☐ Who am I worrying about or caretaking?
- ☐ Who can I ask for help or companionship?



Systemic Factors

- ☐ What pressure is shaping my energy today?
- ☐ What feels heavy or urgent?
- ☐ What am I carrying alone?
- ☐ What can be delayed, delegated, or dropped?