

WELCOME!

This calendar is a tool to help you track your daily activities according to the four core energy needs.

PHYSICAL

EMOTIONAL

MENTAL

SPIRITUAL

Goals

Building Awareness

Tracking your activities will increase your awareness about how effectively you are expending and renewing your energy. You will also learn more specifically which energy needs you are fueling, and the areas in which you might want to focus on making changes.

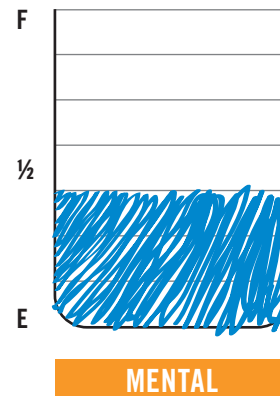
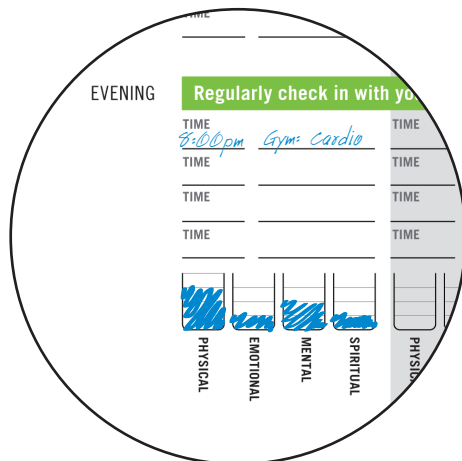
Making More Intentional Choices

At the end of each week you can tally up your score for each energy need to determine what changes you will make the following week to more effectively manage your energy.

Directions

Simply write down an activity and then fill in one line for each activity in the appropriate energy tank at the bottom of each day.

At the end of each week tally up all of lines in your tank for each need using the scoring sheet on page 3. Answer the questions that follow.





Month: _____ Days: _____ - _____

HOW WELL ARE YOU FUELING YOUR FOUR ENERGY NEEDS?

Using the key on the lower right, fill in all four tanks below

Physical tank with F, 1/2, and E markers

PHYSICAL

Emotional tank with F, 1/2, and E markers

EMOTIONAL

Mental tank with F, 1/2, and E markers

MENTAL

Spiritual tank with F, 1/2, and E markers

SPIRITUAL

Key: Four bars from the weekly calendar equal one bar in the review tanks.

Are you satisfied with this outcome? What changes will you make next week to address this?

Handwriting lines for reflection