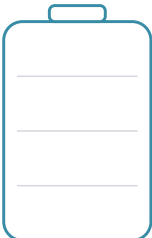
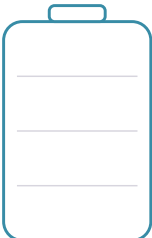


My Battery This Week

Capacity can shift across a week. This overview can help you notice patterns without judging them. Shade or colour each battery to show how much energy you felt you had that day — then use the reflection spaces below to notice what may have influenced it.

My energy across the week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						

Colour from the bottom upwards, or fill each battery in your own way.

What seemed to drain my battery?

What seemed to recharge it?

What do I notice about my week?

Patterns, certain days, demands, recovery time, routines, people, environments — or anything unexpected.

When did I feel most like myself this week?

Think about moments when your energy, environment or demands felt more manageable.

Something I could adjust or protect next week:

Energy doesn't have to look the same every day.
Noticing your patterns can help you plan with your capacity,
rather than expecting your capacity to fit the plan.