



Ressource Map Canvas

Map the resources that support you across five areas. Then use the sixth field to reflect on which ones give you the most energy.

ACTIVITIES

What recharges you?

ROUTINES

What habits help?

SKILLS

What strengths do you have?

PEOPLE

Who supports you?

PLACES

Where do you feel calm/happy?

ENERGY REFLECTION

Looking at all five — what gives you the most energy?