

MY ENERGY INVENTORY



Most of us can rattle off a list of what exhausts us without thinking twice. Far fewer of us can name what actually gives us energy back.

Before we try to change anything about how you spend your time, it helps to know what you're actually working with.

Start by taking stock, honestly.

On the next page, let the ideas flow — everything that comes to mind, sorted loosely into what energizes you, what drains you, and what's neutral. Don't overthink it. If you get stuck, there's a page of words further on to help jog your memory.

Once you've got a working list, you'll finalize it and pull out a few next steps.

Why this matters

Some things will be obvious. Others might surprise you — a person, a task, a habit you assumed was neutral might actually be quietly draining you, or quietly restoring you.

This isn't about eliminating everything in the "drains" column. Some drains are worth it. It's about seeing the balance clearly, maybe for the first time.

When you know where your energy actually goes, it becomes easier to:

- protect the things that restore you
- stop treating drains as invisible or unavoidable
- make small shifts instead of waiting for a full overhaul

This is awareness, not analysis.

Fifteen minutes. Your own handwriting. Trust what stands out.

There are no wrong answers.

MY ENERGY INVENTORY



Let the ideas flow. Don't think, just write.

Energizers/Replenishers

Energy drains...

Energy neutrals...

MY ENERGY INVENTORY



NEED A STARTING POINT?

Browse the words below. Use them to help you be as specific as you can — write your own version on the worksheet rather than the general word if a more precise memory or moment comes to mind.

PLAY & LEISURE: Board/card games, Puzzles, Gardening, Baking, Dancing, Singing, Painting/drawing, Reading, Movies, Nature/outdoors, Theater, Concerts, Crafting, Art, Museums, Sporting events, Video games

PEOPLE & CONNECTION: Deep conversation, Chatting, Listening, Being listened to, Hosting, Socializing, Family, Friends, Dating/Romance, Children, Senior citizens, Holidays, Saying 'no', Hugs, Handshakes, Phone calls

HOME & LOGISTICS: Errands, Grocery shopping, Meal planning, Laundry, Home repairs, Bills/budgeting, Decluttering, Cleaning, Organizing, Cooking, Buying gifts

BODY & MOVEMENT: Yoga, Walking, Running, Swimming, Showers/baths, Stillness, Meditation, Hiking, Dancing, Weight lifting, Group exercise, Martial arts

MIND & FOCUS: Multitasking, Deep focus/flow, Interruptions, Unfinished tasks, Making decisions, Uncertainty, Open-ended time, Overcommitting, Structure/Routine

DIGITAL & MEDIA: Podcasts, Texting, Social media, Notifications, Email, Audiobooks, News/Media

WORK & CAREER: Meetings, Presenting, Teaching, Collaboration, Being managed, Managing others, Deadlines, Problem solving, Recognition, Networking

MY ENERGY INVENTORY



Finalize your inventory

ENERGIZING/REPLENISHING	NEUTRAL	DRAINING

Easiest energizer to add or amplify: _____

Easiest drain to subtract or reduce: _____

Most exciting energizer to add: _____

Most exciting drain to delete or reduce: _____

MY ENERGY INVENTORY



A NOTE FROM KAREN: Happiness is a shape-shifter

Music has threaded its way through my whole life, and shows up differently as my life unfolds. Some seasons it was formal and central — piano lessons, marching band, school orchestra. Other seasons it was just company — singing in the car, humming in the kitchen.

Last year, I looked up and realized that singing and playing music is a core happiness habit for me. A few months later, I had the chance to join a community chorus. And it's been one of the best things I've done for myself in years. It was high time for music to make a comeback in my life.

Music is just plain awesome. It not only relaxes me as a listener, it also engages me as a learner and a fan. The shape it takes in my life keeps changing. Happiness is a lot like that, I've found.

There are so many ways to fill your cup, and the forms they take can shift depending on your season. Maybe it's a monthly game night that started as a book club. Maybe it's hosting more parties or taking up a sport.

Sometimes we crowd out the chance for happiness to show up differently than imagined. I may not sing in a rock band, but I am a soprano in my community chorus. Equally important is letting go of what quietly drains you, even in small ways. This is an invitation to loosen your grip and stay a little more open to what might be waiting to wander in.

*Wishing you great
happiness & health,
Karen Maze*