



ENERGY PLAN

"taking some time for me"



Good Day

When things are good I know because...

...

When things are good others will see?

...

When things are good others might not see?

...



Bad Day

Things that can challenge/stress me...

...

When things are 'bad' others will see?

...

When things are 'bad' others might not see?

...



Boosters

Things that give me energy are...

...

The people I need to connect with are...

...

My favourite activities to do are...

...



Zappers

Things that take energy from me are...

...

Things that can make it worse are...

...

The first sign of my energy changing is...

...



Support

The people I see as my closest support are...

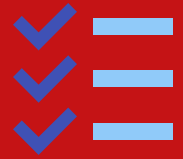
...

Others I could go to support for are...

...

Who might I share this energy plan with?

...



Actions

I will commit to...

...

I will ask for help when...

...

I might ask for help from...

...