

ENERGY PLAN

"taking some time for me"



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?



I will commit to...

I will ask for help when...

I might ask for help from...



Take some time to complete this energy plan and think about sharing it with the people you feel most comfortable. This can also help start a conversation if you don't have the right words. Your support network may start to notice the thing you've written if you are having a good or bad day