

# Map Your Daily Energy

Day #: \_\_\_\_\_

Week #: \_\_\_\_\_

Today's Date: \_\_\_\_\_

TIME OF DAY	TIME	ENERGY	MOOD/FEELINGS	NEEDS/NOTES
Wake Up		H M L		
Breakfast				
Early Morning		H M L		
Late Morning		H M L		
Lunch				
Early Afternoon		H M L		
Mid Afternoon		H M L		
Late Afternoon		H M L		
Supper				
Evening		H M L		
Night		H M L		
Bedtime		H M L		

Additional Notes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Mood/Feelings	
Health	Stress
<u>Self-Acceptance</u> • Pride • Self-Confident • Self-Esteem • Encouraged • Powerful	<u>Shame</u> • Awkward • Guilty • Embarrassed • Humiliated • Regretful
<u>Joyful</u> • Happy • Ecstatic • Excited • Grateful • Passionate	<u>Sadness</u> • Depressed • Hurt • Grief • Sorrow • Fatigued
<u>Attentiveness</u> • Intrigued • Engaged • Fascinated • Curious • Energetic	<u>Surprise</u> • Startled • Overwhelmed • Distracted • Shocked • Confused
<u>Security</u> • Trusting • Assured • Positive • Hopeful • Confident	<u>Fear</u> • Insecure • Anxious • Vulnerable • Scared • Threatened
<u>Love</u> • Affectionate • Adoration • Connected • Caring • Compassionate	<u>Resistance</u> • Apathetic • Repulsed • Contempt • Bored • Disgusted
<u>Peaceful</u> • Content • Satisfied • Relaxed • Calm • Centered	<u>Angry</u> • Frustrated • Judgmental • Annoyed • Envious • Enraged