

Resilience: Energy Sources and Energy Levels

Energy Source	Sleep							Nutrition							Hydration							Exercise							Energy Levels							
Day \ Level	Mo	Tu	We	Th	Fri	Sa	Su	Mo	Tu	We	Th	Fri	Sa	Su	Mo	Tu	We	Th	Fri	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Day \ Level
Great																																				Very High
Good																																				High
Could be better																																				Middling
Poor																																				Low
Very Poor																																				Very Low

Instructions

1. Choose a week to graph your Energy Sources and your Energy Levels. Be prepared to spend a few minutes each day evaluating how well you've done in maintaining each energy source and how energised you're feeling.
2. Below each Energy Source, under each day of the week, place a dot in the box that best represents your behaviours in each area for that day.
3. For the Energy Levels in the final column, below each day of the week, place a dot in the box that best represents your energy levels.
4. At the end of the week, draw a line to connect the dots for each Energy Source.
5. Examine your peaks and troughs of your Energy Levels for each day.
6. Take notice of which Energy Sources were not receiving your attention on the days that you record your energy levels as being low. Be aware that a bad day of eating might translate to a low energy day the following day and in a good energy day the following day.
7. Think about what you could change to restore your Energy Levels.
8. Take action to build up your Energy Sources and replenish your resilience.