

ENERGY MANAGEMENT

THE ENERGY AUDIT

EXERCISE 20 | PART 1

ADHD burnout often comes from failing to track where energy is leaking. Use this to map your "charges" and "drains" so you can plan a sustainable schedule.

OPTION 1: THE QUICK CHECK

TASK / ACTIVITY	TIME TAKEN	ENERGY IMPACT <i>(tick one)</i>		
<hr/> <hr/>	<hr/> <hr/>	<input type="checkbox"/> DRAIN	<input type="checkbox"/> NEUT	<input type="checkbox"/> CHARGE
<hr/> <hr/>	<hr/> <hr/>	<input type="checkbox"/> DRAIN	<input type="checkbox"/> NEUT	<input type="checkbox"/> CHARGE
<hr/> <hr/>	<hr/> <hr/>	<input type="checkbox"/> DRAIN	<input type="checkbox"/> NEUT	<input type="checkbox"/> CHARGE
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<hr/> <hr/>	<hr/> <hr/>	<input type="checkbox"/> DRAIN	<input type="checkbox"/> NEUT	<input type="checkbox"/> CHARGE

TURN OVER FOR THE DEEP DIVE →

