Values Energy Map

When energy is limited, let your values decide where it goes, before other people's expectations decide for you.

My energy this week



Shade in how full your battery usually feels this week.

WHAT'S DRAINING ME

WHAT REFILLS ME

My energy budget

Imagine 20 energy points this week. Shade where they'll go.

Must-dos	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Value: _____	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Value: _____	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Value: _____	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Protected rest	○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Over 20? Something will run on empty. Look for a must-do to shrink or share before cutting your rest.

The "worth it?" check

Before saying yes to something new this week

Does it match one of my values?

☐ Yes ☐ Not really

Which one?

Do I have the points for it?

☐ Yes ☐ Not this week

About how many?

What would it take points from?

Is that a trade I'm okay with?

If most days feel like low-energy days, that's useful information to bring to your care team or support people.