



Energy rituals worksheet

Fill in the blanks below. What are your top 3 energy rituals?

My energy busters

Fill in the blanks below.

What's an activity that drains your energy?

When during the day do you tend to need a break?

What distracts you most during the day?

What's another energy buster you'd like to address?

My energy rituals

What's a small, concrete thing you can do to shift the pattern?

Example: Drained after a two-hour block of meetings? Build a playtime ritual: Go outside and look at the clouds, or turn on the radio and dance for two minutes.

Example: If your energy drags after lunch, take a break. Go on a walk around the block or listen to your favorite podcast.

Example: Do constant email pings distract you? Check your email just twice a day. (Let your teammates know they can reach you on text or chat for emergencies.)

Example: Do you work straight through lunch, only to find yourself hangry at 3:00 pm? Add a proper lunch to your calendar.
