

YOUR ENERGY JOURNAL



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Thrive 9 to 5 Energy Journal

Daily Energy Levels							
Energy Level	High	10					
		9					
		8					
		7					
		6					
		5					
		4					
		3					
		2					
		1					
	Low	0					
		6:00 AM	9:00 AM	12:00 PM	3:00 PM	6:00 PM	9:00 PM
		Time of Day					
Reason							

In order to determine your thrive zone, you need to know what fuels you and what depletes you. Keep this journal for one week. Make copies for each day. In the top half, rate your energy levels during each phase of the day (10=high energy, 0=no energy). Use the bottom half to record any notes.

Use the charts on the following pages to summarize the week's energizers and drains, and to make a list of the good habits you want to keep.

Weekly Summary

	What drained me?	What fueled me?	Specific Actions: what needs to change or continue?
Physical: food, drink, sleep, exercise			
Emotional: reactions to people, situations; my thoughts or beliefs			
My actions, successes; inactions and incomplete actions			
My Environment			

My Energizing Habits

List the actions you need to take to keep your energy high and remove any drains.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	