WORKSHEET 2.1

The Energy Map

A typical week, not one bad day. Be specific, and write the kind of interaction, not the person.

DRAINS	TYPE	RESTORES	TYPE

Drain types: V volume · S stakes · F friction · N noise
Restore types: D detachment · R relaxation · M mastery · C control

WORKSHEET 2.1

The Energy Map (continued)

My three biggest drains

My three biggest restores

Which of your drains are about volume, and which are about particular conversations?

Which of your restores are already in your week, and which ones keep getting squeezed out?