

LIGHTWORKERS LUNCH

My Energy Audit

noticing what fills your cup — and what quietly empties it

Name _____

Date _____

● This fills me up

People, places, habits, moments — what leaves you brighter than it found you?

☀ GIVES ME LIGHT

☾ DIMS MY LIGHT

● Where is my energy going?

Shade each battery to show how much of you goes to each part of life right now.

Family home

Work

Rest sleep

Friends community

Myself

● One small change to protect my light

You can't pour from an empty cup — refill yours without apology.