

# Life questions for the energy diary

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Initially, avoid all intellectual or logical thinking when you reflect on how an experience affects you. Simply see if it feels positive or negative when you think about it. Make a note of that, and then let logic have its say as well. Make a note of that, too. Reflect on possible reasons for some answers being contradictory. Take your time reflecting on the questions. This process can also, with advantage, be repeated after a while.

## **Work and the workplace**

Which daily activities empower you, and which drain you? Which choices do you feel forced to make, and which do you make gladly? What is your work environment like? Is it healthy, neutral or hazardous to your health? How much do you enjoy your work and your colleagues? Do you work with something you feel passionate about, or do you get through the days because of the salary or because you don't believe that your dreams can be realised?

## **Leisure time**

What do you enjoy doing or long to do when you aren't working? How often do you allow yourself to do this? Does this activity energise you? If you're not doing what you would like to do – can you determine why you don't get around to it? Do you make choices based on your own needs, or do you allow other people's needs to take precedence? What is your energy level like after work and during your days off? Is there unscheduled time, free of demands, available to you on a daily basis?

## **The food you eat**

Have you chosen the food you eat because it is good for you? Do you enjoy your food? How high is its nutritional quality? What do you choose to eat when you feel good? What do you choose to eat when you don't feel good? Do you eat varying quantities of food or at different intervals, depending on if you're happy or unhappy? Which foods feel energising to you? Which foods drain you of energy? Which foods make your stomach constipated, runny, flatulent or upset? Can you affect your diet yourself, or do you feel that someone else decides what you are going to eat?

## **Exercise**

Which form(s) of exercise do you prefer? What type of environment surrounds you when you exercise, and does it energise you or drain you? How do you feel after an exercise session, physically and emotionally?

## **Relationships**

Do you get or take the space that you need in order to feel relaxed when meeting people? Which kinds of encounters make you feel open, strong or creative? Which kinds of encounters make you feel small, weak, frustrated or angry? Which people belong to your closest sphere / family? How are the relationships between you? Do they energise you or drain you? Do you frequently make choices just to "keep the peace" or in order to be liked or accepted? Do you feel that your friends and family respect you?

## **Sleep**

Do you feel that the quality of your sleep is high or low? Do you feel rested when you wake up in the morning? How many hours of sleep do you need in order to feel good and to function well? Do you allow yourself the amount of sleep that your body needs at any given point in time? What is your sleep environment like? If you sleep close to someone – how does that person affect your energy levels?

## **Health and illness**

Do you feel that your health is good? If not – in which ways do you feel unwell? How long has it been going on and when did it begin? Can you discern any connections between your illness and the circumstances of your life? Do you feel that you are able to fully affect your health yourself? When / if you become ill – what do you do? If you seek medical assistance – do you feel that you receive the help and the knowledge that you need in order to understand why you are ill?

## **Your calendar**

Planned and unplanned daily events and activities. Note how they make you feel when you think about them in advance and how they actually make you feel when they occur. Are these activities empowering, or do they drain you? The same activity can be experienced differently on different occasions. Have you planned your week so that you have room for recuperation, joy, love and creativity? How did your day and your week turn out in retrospect? Evaluate how much energy they give or take from you on a scale from 0-5, either + (for things that empower you) or – (for things that drain you). The balance should lie around zero or just under.