

# Tuning in to how I want to FEEL

## IDENTIFYING YOUR ENERGY DRAINS & PUMPS

Even if you've never thought about your year in terms of how you want to FEEL, this exercise is such a great way to get to know yourself better.

Often when we are feeling particularly stuck, stressed, or lacking clarity we're burning lots of energy off without realising it. Identifying what lights us up and what drains us means that we can connect in more with how we want to feel in our lives.

I've drawn stacks of inspiration from the likes of Tim Ferriss, Marie Forleo and Danielle La Porte for this exercise and just LOVE the clarity it brings instantly.

We're going to focus on the entire year for now. However this can just as easily be done as if you're doing a mini 'stocktake' of your past week (or even day!) to keep checking in with yourself through your year.

### STEP 1

Focus on all the activities, actions, people you have come across, feelings you've had and mark them down either on the + or the - list (on the next page). For what PUMPED you up or what DRAINED you throughout the year.

You may find it easier to sit with your calendar or diary in front of you from last year. Skim through each month as a reminder of what was going on for you. Could be the big things or the little things, just notice what pops up.

*the*  
**DAISY  
PATCH.**

+

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## STEP TWO

Based on what pumped me up and drained my energy last year, what three things would I most like to ADD to my year this year?

1.

2.

3.

And what three things would I most like to REMOVE from my year this year?

1.

2.

3.

There's really no right or wrong way to go about this exercise. You can take 2 mins or 2 hours. What's important is simply noticing that some things energise you and other things don't. **So where in your life can you look to maximise those things that energise you more?** Your association may not even be with 'energy' for you, it might be about feeling 'happy', or 'balanced', or even 'connected'. Just pick what feels right for you. And in doing so you're getting that bit closer to answering the question: **How do I most want to FEEL in my life?**