

Calling Your Energy Home

A reflective toolkit for aligning your energy, attention, and presence with the life you truly want to live.

Introduction

Every day, you give pieces of your energy away — to work, relationships, habits, worries, hopes, and endless to-do lists. Sometimes, your energy is invested wisely; other times, it gets scattered in places that don't serve you.

This toolkit invites you to *call your energy home* — to notice where you've placed it, reflect on whether it matches your values and goals, and gently guide it back toward the life you're building.

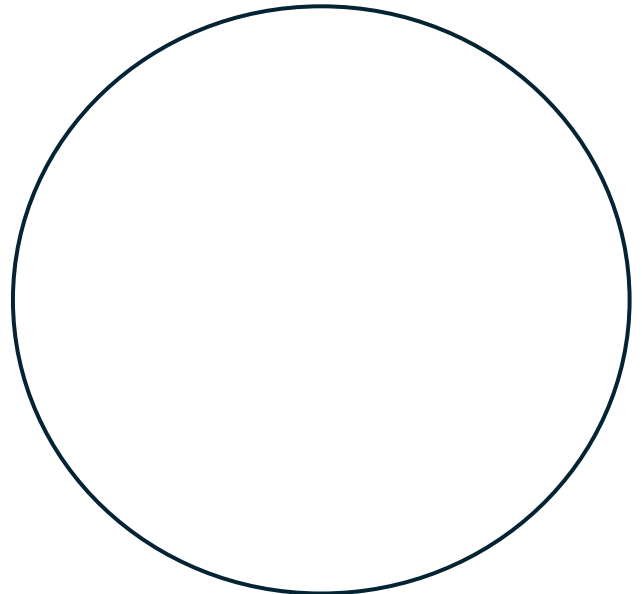
Part 1: Where Is My Energy Going?

✦ Activity: The Energy Inventory

Draw or imagine your energy as a pie chart. Divide it into slices for the past week.

Categories you might include:

- Work / School
- Relationships (family, friends, partner)
- Self-care (rest, movement, nourishment)
- Social media / technology
- Worry / stress
- Fun / play / creativity
- Other: _____



My Energy Chart (draw here or list percentages):

Reflective Questions:

- Which slice feels too big? _____
 - Which slice feels too small? _____
 - Which slices leave me feeling energized? _____
 - Which slices leave me drained? _____
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Part 2: Energy Alignment Check

Prompts to reflect on:

- Do my current energy investments reflect what I say matters most to me?
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- Where am I “overpaying” with my energy?
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- If my energy is a currency, am I spending it in ways that make me proud?
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Part 3: Calling My Energy Back

✦ Activity: Grounding Visualization

Close your eyes and imagine invisible threads of your energy extending outward into all the places you’ve given it. With a deep breath, gently pull those threads back toward your heart, one by one. Repeat silently:

“I call my energy back to me. I am whole, present, and at home in myself.”

Journaling Prompt:

After this practice, what do I notice about my body, mind, or emotions?

Part 4: Re-Choosing With Intention

Questions to Guide Me:

- If I could re-invest 10% of my energy starting tomorrow, where would I put it?

- What's one small boundary I could set to protect my energy better?

- How do I want to *feel* in my relationships, work, and personal time?

Mini-Challenge:

One action step I'll take this week to realign my energy:

Part 5: A Gentle Closing

Remember, calling your energy home is not about perfection — it's about awareness. Each time you pause, reflect, and choose, you strengthen the connection to your true self. And that, in itself, is energy well-spent.

"Your energy is your most precious resource — spend it as if your future depends on it, because it does."