

Gentle Energy Check In

RIGHT NOW...

My physical energy

☐ Empty ☐ Low ☐ Okay ☐ Good

My mental energy

☐ Empty ☐ Low ☐ Okay ☐ Good

My emotional energy

☐ Empty ☐ Low ☐ Okay ☐ Good

My sensory energy

☐ Empty ☐ Low ☐ Okay ☐ Good



What do I need most today?

☐ Rest

☐ Quiet

☐ Food

☐ Water

☐ Movement

☐ Fresh air

☐ Comfort

☐ Connection

☐ Alone time

☐ Permission to do less