

My EBB Energy Map

ENERGY BALANCING BEHAVIORS

MY EBB ENERGY MAP Map what gives usable energy, what drains it, and any “false restores” that promise relief without actually restoring you.

GIVES USABLE ENERGY

People, places, actions, conditions, rhythms.

DRAINS ENERGY

Not automatically bad — just information.

FALSE RESTORES

What promises relief but does not actually restore me?

WHAT I NOTICE

Which pattern matters most right now?

Catch the Signal

ENERGY BALANCING BEHAVIORS

CATCH THE SIGNAL Notice early signals in your body, thoughts, behaviors, and relationships. Which signal tends to show up first?

BODY SIGNALS

What shows up physically?

THOUGHT SIGNALS

What happens in my thinking?

BEHAVIOR SIGNALS

What do I start doing or stop doing?

RELATIONSHIP SIGNALS

What changes around other people?

MY EARLIEST USEFUL CUE

Which signal can help me notice sooner?

Build My Balancing Behaviors

ENERGY BALANCING BEHAVIORS

BUILD MY BALANCING BEHAVIORS Create three possibilities: one 60-second balancer, one 10-minute balancer, and one deeper restore. Circle the one most likely to survive real life.

NOTICE

What stands out from this activity?

KEEP IT REAL

What is actually true for me?

CHOOSE

What feels useful rather than performative?

ANCHOR

What do I want to remember?

CARRY FORWARD

What is one small next move?

My 7 Day EBB Experiment

ENERGY BALANCING BEHAVIORS

7-DAY EBB EXPERIMENT Choose one signal, one balancing behavior, a minimum version, and a cue. Success is learning what helps—not seven perfect days.

WHAT I AM PRACTICING

Name the signal, action, cue, or return you want to test.

MY MINIMUM VERSION

What counts on a low-capacity day?

MY CUE

When will I remember to use it?

7-DAY TRACKER

DAY 1 ____ DAY 2 ____ DAY 3 ____ DAY 4 ____ DAY 5 ____ DAY 6 ____ DAY 7 ____

WHAT I LEARNED

Keep • Change • Drop

My Carry Home Cup

ENERGY BALANCING BEHAVIORS

LAST SIP WELCOME HOME Tea Leaf • Drop of Hope • Anchor • Lighthouse Next Step

TEA LEAF

What did I notice or learn?

DROP OF HOPE

What feels possible, useful, or worth carrying?

ANCHOR

What do I want to remember when real life gets loud?

LIGHTHOUSE NEXT STEP

What is one small next action?