

Energy Balancing Behaviors

QUICK COURSE GUIDE

Purpose: Notice what your energy is doing and choose a realistic behavior that helps you add, steady, release, or protect energy.

Complete the workshop

1	Watch the complete workshop presentation from beginning to end.
2	Use the Participant Workbook as you move through the reflection prompts.
3	Complete the energy check-in and choose one balancing behavior to practice.
4	Use any Activities & Handouts that make the practice easier to remember or repeat.
5	Choose one behavior to test in real life after the workshop.
6	Mark the workshop complete when you have watched, reflected, and chosen your next action.

What counts as complete: You watched the presentation, used the workbook where helpful, participated in the core practice, and chose a real-life next step. Private reflection counts. Pass is a complete answer.

Keep Brewing: Save the workbook and any activity cards or trackers that are useful to you. Return to the workshop resources when you want a refresher.

WORKSHOP 01 • ENERGY BALANCING BEHAVIORS

Energy Check-In Card

Use before choosing an action. Circle or mark what is true right now: LOW / STEADY / HIGH / SCATTERED / HEAVY. Then choose: ADD ENERGY / STEADY ENERGY / RELEASE ENERGY / PROTECT ENERGY.

What does my body need more of? _____

What does it need less of? _____

One small behavior I can try now: _____

Use it if it helps. Skip it if it does not.

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Behavior Choice Cards

Cut apart or point to one choice. MOVE: change posture, stretch, walk. PAUSE: stop input for two minutes. CONNECT: ask for company or support. QUIET: reduce noise/light/screens. FUEL: water, food, rest. RESET: change rooms, tasks, or pace.

My choice: _____
I will try it for: _____ minutes
Afterward I feel: LOWER / SAME / BETTER / DIFFERENT

Use it if it helps. Skip it if it does not.

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7-Day Energy Pattern Tracker

A light tracker - not a performance score. Notice what shifts your energy and what restores it.

1 ENERGY _____ TRIED _____ HELPED _____
2 ENERGY _____ TRIED _____ HELPED _____
3 ENERGY _____ TRIED _____ HELPED _____
4 ENERGY _____ TRIED _____ HELPED _____
5 ENERGY _____ TRIED _____ HELPED _____
6 ENERGY _____ TRIED _____ HELPED _____
7 ENERGY _____ TRIED _____ HELPED _____

Use it if it helps. Skip it if it does not.