

# Worksheet for: Monitor your energy to see your true motivations

Kristina Buk  
Sandvadsvej 16  
DK-4600 Koege  
Phone +45 27 32 22 09  
info@kristinabuk.com

DATE: .....

## Activity:

In the morning, write the main activities of your day or write the main activities of a part of your day, for example your workday. Write minimum 3 and maximum 7 activities.

## Energy fueled:

In the evening, cross the circle if the activity fueled your energy.

## Energy drained:

In the evening, cross the circle if the activity drained your energy.

1. ....



2. ....



3. ....



4. ....



5. ....



6. ....



7. ....



# Worksheet for: Monitor your energy to see your true motivations

Kristina Buk  
Sandvadsvej 16  
DK-4600 Koege  
Phone +45 27 32 22 09  
info@kristinabuk.com

DATE: .....

## First thoughts:

Write down your first thoughts on why it fuels or drains you. Do not find explanations you do not really feel or experience. Only write what you know to be true for you.

1. ....

2. ....

3. ....

4. ....

5. ....

6. ....

7. ....

## Possible motivations:

Write down what you believe your real motivations for doing the activity are. Examples: "I love playing with my kids, I am afraid of quitting, I am the happiest doing this." etc.

1. ....

2. ....

3. ....

4. ....

5. ....

6. ....

7. ....

If you want help with the discovering process and what to do with it afterwards, feel free to contact me to schedule a [Free 15-minute clarity session >>](#) to see if a collaboration is the right solution for you.