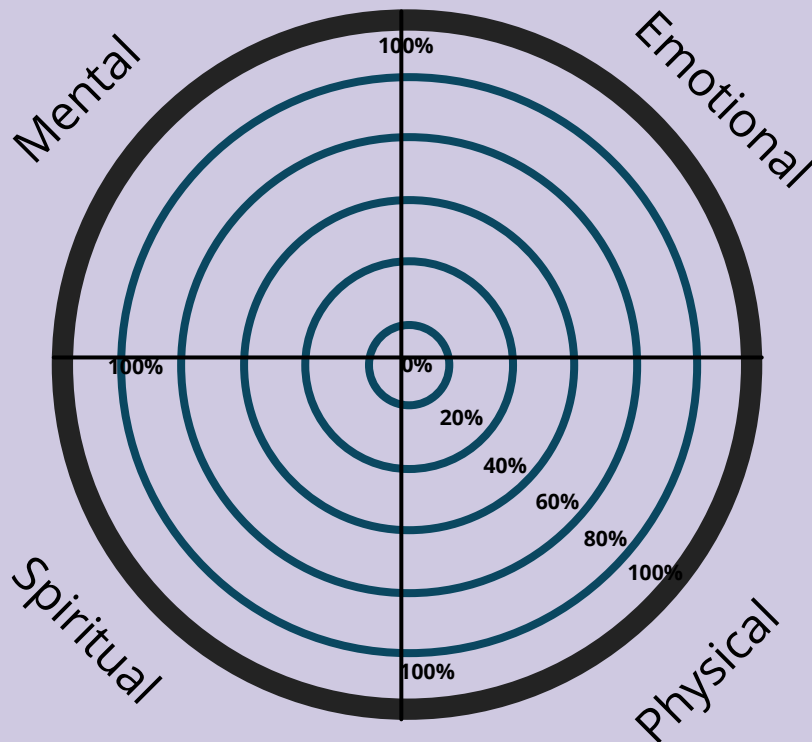




Energy Audit



From 0% to 100%, how powered up are you in each energy area?
100% is totally powered up, 0% is totally tapped out

Color in your energy level.

The 4 L's, key strategies to power up.

1. **Listening in.** Attuning to self, your body, inner wisdom, a feeling of connectedness to self and all that is/god/mother nature/etc, feeling calm, clear and connected.
2. **Listing out.** Where are you putting your energy? Listing all the things you can think of. Clearing your head, making it tangible, 10K foot view. Reality check!
3. **Line in the sand.** Where do you need to set some boundaries? Where are you choosing a powerful NO so you make room for a powerful YES.
4. **Leaning in.** What inner and outer resources, people or allies can you allow yourself to lean into and receive support? Where can you delegate? Where can you let go of control?

Schedule a complimentary 30 Coaching Call with Taryn Laakso to explore how to empower this work for YOU!
Calendar Link: <https://bit.ly/IgniteSparkSession>



MENTAL BATTERY %

EMOTIONAL BATTERY %

SPIRITUAL BATTERY %

PHYSICAL BATTERY %

JOURNAL EXERCISE

List Out Your Top 4 Energy Drainers and Why they drain your energy.

What's Line in Sand you need draw to stop the energy drain?
~Write out one thing you want to either dump, delegate, or defer
and WHY this is important.~

Who can you lean into for help? Who could this be delegated to?
~List out who your allies are in supporting you~

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