



The Energy Map: A Simple Tool to Protect What Fuels You

Identify what drains your energy, what restores it, and make one small shift today.

A flourishing leader tends their energy like a garden—pruning drains, watering strengths, and making space for growth.

Quick Start Guide

How to Use the Energy Map

(5 Steps in 10 Minutes)



Leaders often end the week exhausted without knowing why. Energy drains slip in quietly—saying yes too often, skipping breaks, carrying small frustrations. Over time, they add up. The Energy Map makes the invisible visible. By naming what fuels you and what drains you, you can protect your energizers, prune the drains, and lead with greater clarity and capacity.

1. **Pause:** Take a deep breath. Scan the past week.
2. **List Drains:** On the left, jot down activities, habits, or interactions that left you depleted.
3. **List Energizers:** On the right, write what boosted your mood, energy, or focus.
4. **Choose 2 Drains to Prune:** Circle two items you can reduce, delegate, or say “no” to this week.
5. **Choose 2 Energizers to Protect:** Put a star next to two energizers you’ll intentionally repeat or expand this week.

Bonus: Add 1 “Micro-Rest” to your schedule (2–5 minutes) as a reset between tasks.

The Energy Map Template

My Energy Map This Week

	 Energy Drains	 Energy Energizers
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Reflection & Growth

When did I feel most alive, focused, or joyful this week?

When did I feel most alive, focused, or joyful this week?

When did I feel most alive, focused, or joyful this week?

Pro Tip:

Share your energizers with your team. Encourage them to build their own Energy Maps

This week, I will prune these 2 drains:

This week, I will protect these 2 energizers:

One micro-rest I'll add between tasks:

Next Steps - From Awareness to Renewal

Great work—you just reclaimed your energy in 10 minutes.

Mapping your drains and energizers gives you powerful awareness.

Real renewal happens when you consistently protect what fuels you and prune what depletes you—week after week, season after season.

That's where **Seasons of Flourishing: Cultivating Wellbeing Through Nature's Wisdom** comes in.

It's a wellbeing program that helps you:

- Build rhythms that sustain energy across all areas of your life
- Grow practices that keep you aligned, clear, and flourishing

Ready to move from awareness to renewal?

Learn more about **Seasons of Flourishing** on the next page.



SEASONS OF FLOURISHING

A Wellbeing Program for Leaders

Like tending a garden, wellbeing requires intention, care, and rhythm.
These workshops invite you to nourish yourself emotionally, mentally, and physically.



7 90-min. Live Teaching Sessions

Interactive sessions grounded in positive psychology



Private Online Community

A confidential space to connect, share, and be supported throughout the journey



6 1-hr Group Coaching Sessions

A space for integration, insight, and peer reflection



Monthly Office Hours

Drop in for encouragement or deeper conversation



Personalized Wellbeing Blueprint

A guided tool you'll create to map unique rhythms and habits for renewal



1:1 Coaching Session (within 90 days post-program)

A follow-up opportunity to anchor and sustain your growth



Downloadable Workbook + Tools

Reflection prompts, micro-practices, templates, guides



Quarterly Alumni Circles

Live community gatherings to reconnect, reflect, and stay rooted beyond the program



Certificate of Completion

For personal recognition and accomplishment

**LEARN
MORE**

Visit jonlieu.com/wellbeing