

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?
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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.

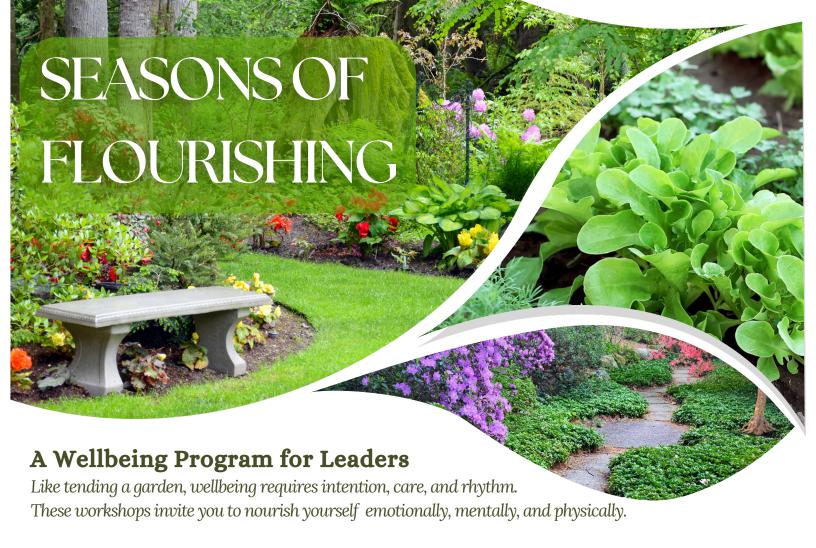
It's a wellbeing program that helps you:

- 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.





- 7 90-min. Live Teaching Sessions
 Interactive sessions grounded in positive psychology
- 6 1-hr Group Coaching Sessions
 A space for integration, insight, and peer reflection
- Personalized Wellbeing Blueprint

 A guided tool you'll create to map
 unique rhythms and habits for renewal
- Downloadable Workbook + Tools

 Reflection prompts, micro-practices, templates, guides
- For personal recognition and accomplishment

- Private Online Community

 A confidential space to connect, share, and be supported throughout the journey
- Monthly Office Hours

 Drop in for encouragement or deeper conversation
- 1:1 Coaching Session (within 90 days post-program)

 A follow-up opportunity to anchor and sustain your growth
- Quarterly Alumni Circles
 Live community gatherings to reconnect, reflect, and stay rooted beyond the program

Visit jonlieu.com/ wellbeing

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