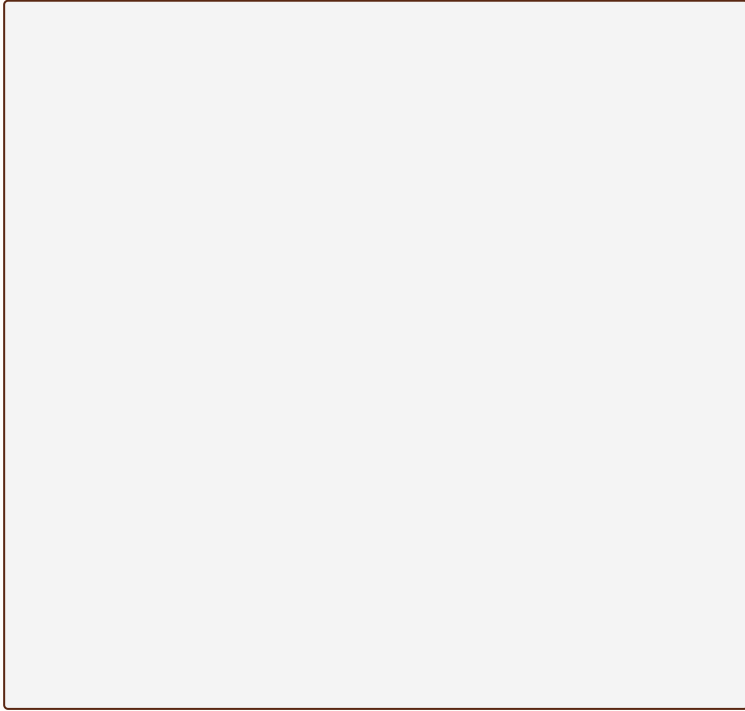


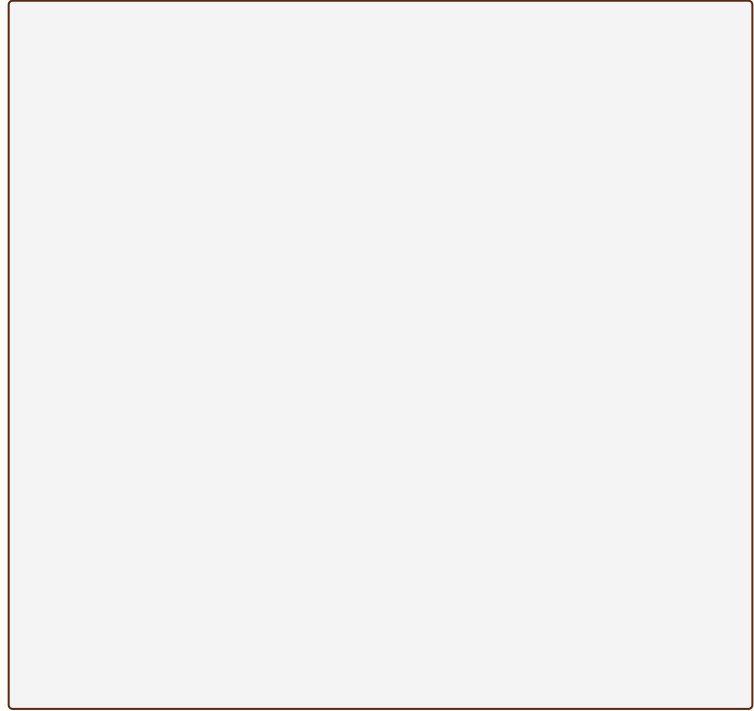
## Day 17: Energy Audit Grid

Use this worksheet to reflect on how you're spending your energy. Fill in each quadrant with activities, habits, or tasks from your recent days. Then step back and reflect: What needs to change? What deserves more focus?

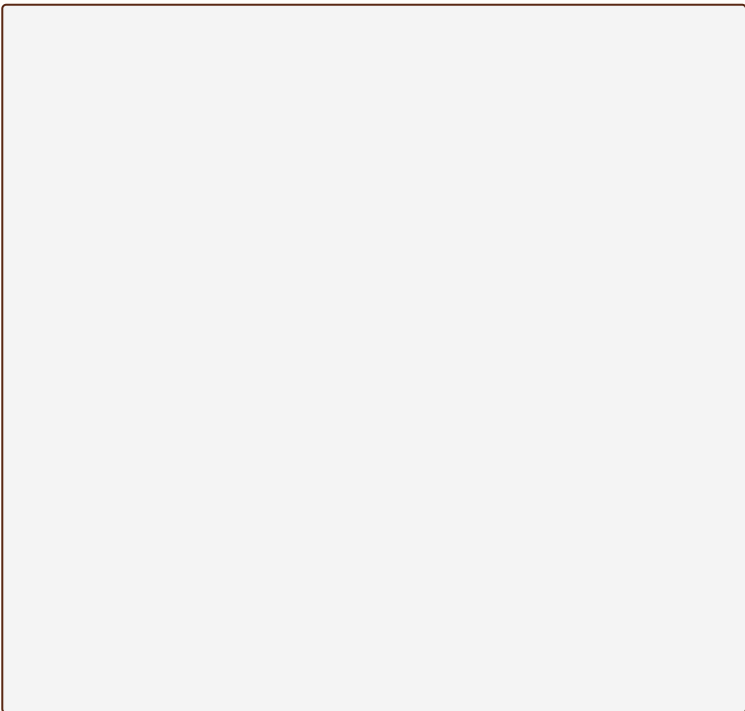
### HIGH ENERGY + HIGH IMPACT



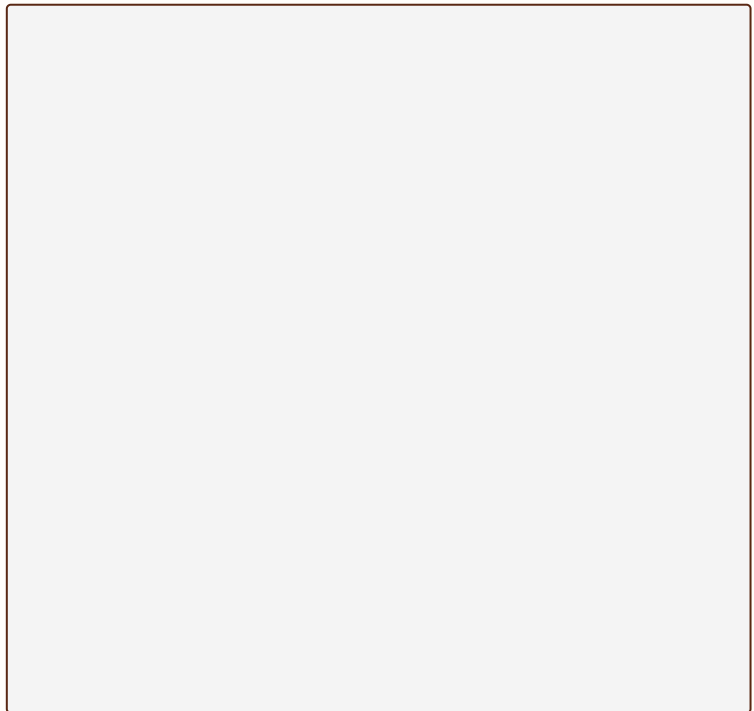
### HIGH ENERGY + LOW IMPACT



### LOW ENERGY + HIGH IMPACT



### LOW ENERGY + LOW IMPACT



### Reflection:

What do you notice when you look at your grid? Are you spending energy where it matters most? What can you do this week to shift your energy toward more high-impact, high-energy activities?

