

Energy Leak Tracker

Stop the drain before it starts. Use this 3-day tracker to identify exactly which spaces, people, or digital habits are siphoning your power.



Tracker Name: Dates (Day 1 – Day 3):

Baseline Energy Rating at Start (1–10):

1. THE 3-DAY ENERGY AUDIT LOG

How to complete: Track your energy shifts across two key checkpoints each day: morning and evening. Log the trigger, its category (Environment, Relational, Digital, or Internal), physical cues, and drain intensity.

Day & Timeframe	The Trigger / Interaction (Who, Where, What App/Task)	Category of Leak	Physical / Somatic Warning Sign (Tight gut, jaw clench, fog)	Drain (1-10)
Day 1 • Morning				
Day 1 • Evening				
Day 2 • Morning				
Day 2 • Evening				
Day 3 • Morning				
Day 3 • Evening				

2. DIAGNOSING THE PRIMARY SIPHONS

How to complete: Review your 3-day log. What is the #1 recurring pattern draining your spiritual and emotional battery?

Top Environmental / Digital Leaks (Clutter, screen scrolling, chaos):

Top Relational / Internal Leaks (Over-explaining, guilt, unvoiced limits):

3. THE BOUNDARY & PLUG BLUEPRINT

How to complete: Choose 2 leaks to plug immediately. Replace the draining habit with an intentional energy preservation boundary.

The Identified Leak	The New Boundary / Plug (The "No" or Limit)	Energy Restored / Sovereign Payoff
Leak 1:		
Leak 2:		

4. ENERGETIC SOVEREIGNTY SEAL

Sovereign Seal: "My energy is a sacred resource. I close every open door that invites depletion, I reclaim my peace, and I choose where my power flows."

My Non-Negotiable Energy Rule for This Season: