

# ENERGY RESTORATION FRAMEWORK

*Rebuild your capacity in ways that support your nervous system.*

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## SECTION 1 — Where Your Energy Feels Most Depleted

Check or write what feels lowest right now:

- Physical energy (fatigue, sleep, health)
- Emotional energy (empathy, patience, motivation)
- Mental energy (focus, clarity, decision-making)
- Relational energy (people, expectations, boundaries)
- Sensory tolerance (noise, screens, stimulation)
- Other: \_\_\_\_\_

Notes:

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## SECTION 2 — What Currently Drains Your Energy the Most

List ongoing drains (not one-time stressors).

- Commitments or responsibilities:  
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- Emotional or relational drains:  
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- Mental load or pressure:  
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- Environmental or sensory drains:
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## SECTION 3 — What Actually Restores You (Not What “Should”)

Be honest and specific.

- Activities that restore my **body**:
  - Activities that restore my **mind**:
  - Activities that restore my **emotions**:
  - Activities that restore my **sense of safety or calm**:
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## SECTION 4 — Why Rest Alone Hasn’t Been Enough

Complete the sentences:

- I rest, but still feel depleted because:
  - One area of my life that isn’t being replenished is:
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## SECTION 5 — Small, Sustainable Restoration Practices

Choose **micro-restoration**, not overhaul.

- A 5–10 minute practice I can repeat daily:
  - A boundary or adjustment that would preserve energy:
  - One expectation I can soften or release:
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## SECTION 6 — My Personal Restoration Plan (This Week)

- One restoration action I will practice:

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- When I will practice it:

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- How I'll know it's helping:

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## Closing Reflection

Restoration happens through consistency, compassion, and honoring your current capacity.

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