

**be you.  
only bolder.**

# daily energy audit

This worksheet is designed to help you develop ongoing awareness around when you are empowered vs disempowered states of being.

Instructions:

1. At the end of each day, complete one line in the table below (use additional lines if you need more space)
2. Try to be as honest as possible
3. Bring completed worksheets to coaching discussions

| Date    | I felt empowered when... | I felt disempowered when...         | Estimated % of time in each | Notes   |
|---------|--------------------------|-------------------------------------|-----------------------------|---|
| Example | I ran 10K                | I made a mistake in my presentation | 50/50                       | I really noticed my inner voice today. I had a hard time getting it to stop |
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