

My Energy Journal (Sample)

DATE	TIME	NOTES	Feelings (1=low, 10=awesome)										FEEDBACK		
			1	2	3	4	5	6	7	8	9	10	Action I took to feel even better		
		Thinking/Feeling/Doing													
Sunday, January 10, 2010	2:00 PM	Lunch with friends at The Del									7				
Sunday, January 10, 2010	8:00 AM	Reading Trust Your Gut / Idea Journaling - excited abt what I could create										8			
Monday, January 11, 2010	3:15 PM	Talking with colleague about miscommunication, feeling worried & anxious			3										Made the call even though I didn't want to
Monday, January 11, 2010	7:23 PM	Working on finances				4									Gave thanks that I have money in bank
Tuesday, January 12, 2010	10:15 AM	Awesome call with potential client I called from an Internet search										8			
Tuesday, January 12, 2010	9:00 PM	Listening to teleseminar, really tired			3										Went to bed
Tuesday, January 12, 2010	11:30 PM	Smiling hearing Francie's purring						6							Did a 60-second gratitude prayer
Wednesday, January 13, 2010	6:02 AM	Reading an email about being one of the best blessings									7				
Wednesday, January 13, 2010	8:38 AM	Reviewing task list and action items after talking with coach					5								Reminded myself of how far I have come and I always have a choice
Wednesday, January 13, 2010	3:56 PM	Going for a walk with friend						6							Set up another walk
Wednesday, January 13, 2010	6:10 PM	Amazing I got to a 10! And it didn't feel like I imagined. It was peaceful and happy - looking at the night sky, the crescent moon and the jacaranda tree leaves swaying in the wind. Beautiful.												10	Memorized the moment and revelled in it