

NAME _____

WEEK BEGINNING _____

My Week, Mapped

Noticing what lifts me, what drains me, and what I can shift

THIS WEEK I'M PAYING ATTENTION TO _____

MY PRACTICE THIS WEEK _____

EACH DAY	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Mood & energy 10 — mood - - - energy 5 0							
Weather circle the day's inner weather	☀️ ☁️ ☔️ ☔️	☀️ ☁️ ☔️ ☔️	☀️ ☁️ ☔️ ☔️	☀️ ☁️ ☔️ ☔️	☀️ ☁️ ☔️ ☔️	☀️ ☁️ ☔️ ☔️	☀️ ☁️ ☔️ ☔️
Sleep hours · quality	____ hrs ○○○	____ hrs ○○○	____ hrs ○○○	____ hrs ○○○	____ hrs ○○○	____ hrs ○○○	____ hrs ○○○
+ Nourished me what lifted or steadied me							
- Drained me what depleted or unsettled me							
Connection who I spent time with							
Practice · word tick if practised, one word	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____

Looking across the week

WHAT TENDED TO LIFT ME

WHAT TENDED TO DRAIN ME

WHEN MOOD AND ENERGY SHIFTED, I NOTICED...

One small shift for next week

- ☐ add one nourishing thing
- ☐ soften one draining thing
- ☐ protect my sleep
- ☐ reach out to someone

SPECIFICALLY, I WILL...

To bring to my session

A KIND WORD TO MYSELF ABOUT THIS WEEK

Each evening, take two minutes: mark a dot for mood and energy (0–10), circle the weather, and add a few words. At the end of the week, join the dots and look for patterns. Nothing here is a test.