

My Energy Account	
Withdrawals	Deposits
Balance:	



My Energy Account (Sample)

Withdrawals	Deposits
Change in routine -10	Sleep +15
Socialising -10	Structure and stability +10
Making a mistake -5	Spending time with animals +5
A loud sudden noise -5	Spending time alone +5
Too much verbal language -10	Special interest +5
Unstructured time -5	Calm time +10
	Deep breathing +5
Balance: 10	

