

HABIT TRACKER

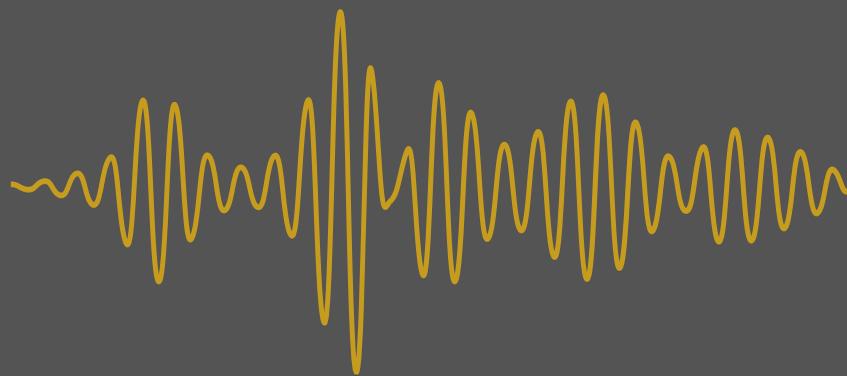


JOURNAL PAGES

resources from

THE ENERGY CODE
WORKBOOK

available on Amazon



www.healthyplanetgroup.com

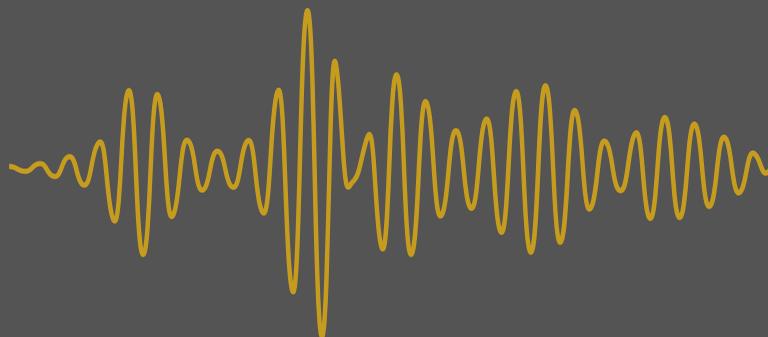
Research shows...

HIGH PERFORMERS HAVE 3 KEY HABITS IN COMMON

- 1 They Gain Clarity
- 2 They Develop Energy Mastery
- 3 They Build Productive Habits

The Habit Tracker pages in this workbook will help you increase peak performance, stay consistent, create lasting changes and achieve your desired goals. Stay consistent with habits that are the best use of your mental, emotional and physical energy based on your current priorities.

The Journal Pages in this workbook will help you check in with yourself, gain perspective and cultivate feelings of fulfillment. Unique journal prompts help you become aware of your self-talk, reframe beliefs, rewire your brain for positivity, focus on the abundance you currently have in your life, set small achievable goals and celebrate wins along your journey!



1

HIGH PERFORMERS GAIN CLARITY

High performers invest time and effort defining their goals, aspirations, and visions for the future.

They develop a deep understanding of what they want to achieve and create a roadmap to get there.

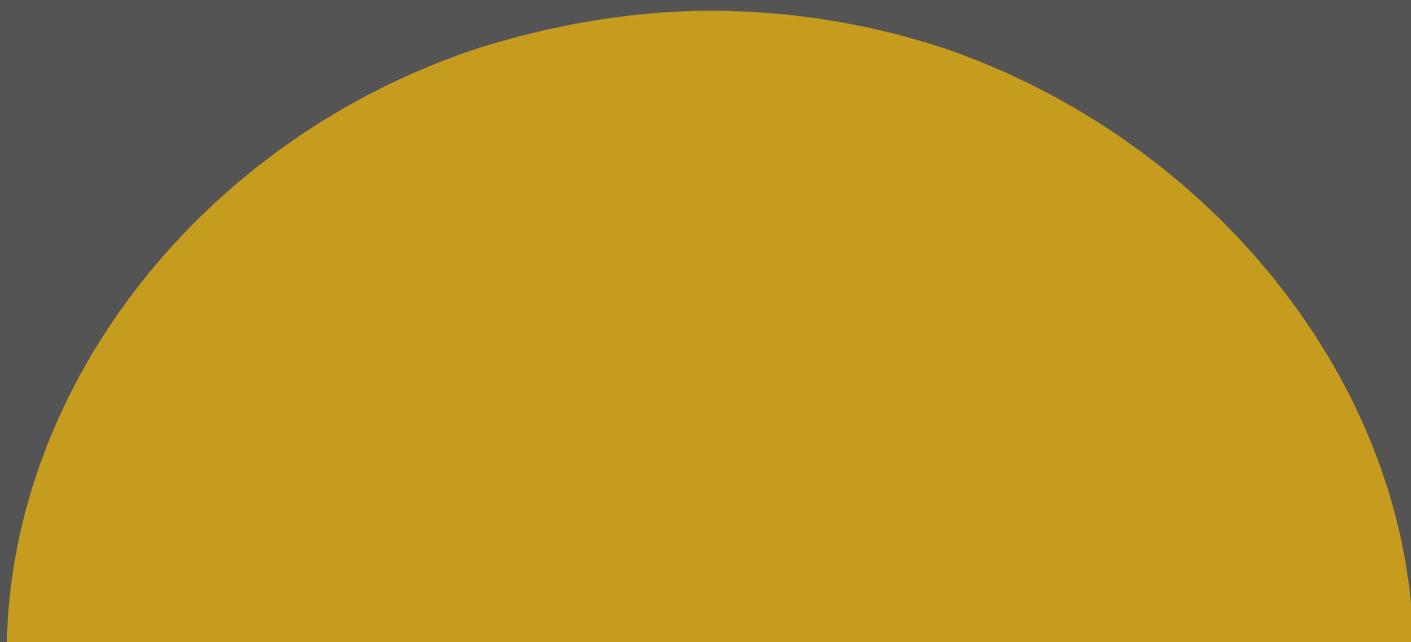
They establish a clear direction and focus on their desired outcomes.

This clarity enables them to prioritize effectively and take consistent action towards their goals.

By gaining clarity and aligning your energy with your core values and priorities, you can create a life that reflects your truest desires.

Identify the activities, relationships, and self-care practices that nourish your soul and contribute to your overall well-being.

By consciously allocating your time and presence to these essential aspects of your life, you cultivate an environment that fosters joy, fulfillment, and lasting happiness.



USING A JOURNAL PAGE TO GAIN CLARITY

Journaling is a simple yet effective way to:

- Check in with yourself and get clear on what you need.
- Gain perspective and increase your emotional intelligence.
- Strengthen self-discipline, routine, confidence and develop a plan of action to move towards the highest version of yourself.

This Journal Page helps you:

- Become aware of your self talk, reframe beliefs and rewire your brain for positivity.
- Focus on all you currently have in your life.
- Move one step closer to something that aligns with your values and goals. Set a small achievable goal for the day that you can be proud of.
- Celebrate the unexpected surprises, the process and small consistent steps along your journey.

These journal prompts can lead to significant improvements in your energy levels and overall well-being. Having a consistent gratitude practice by journaling or intentionally thinking about what you are grateful for throughout the day will help your brain start to retain a pattern of scanning the world not for the negative, but for the positive first.

How to Use it

Complete one line at a time and use a journal or additional piece of paper if you want to expand on your thoughts around a specific area.

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LIMITING BELIEF I CAN REFRAME TO A POSITIVE AFFIRMATION

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I AM GRATEFUL FOR

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I WILL GO TO BED FEELING PROUD BECAUSE

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MY WINS FOR TODAY

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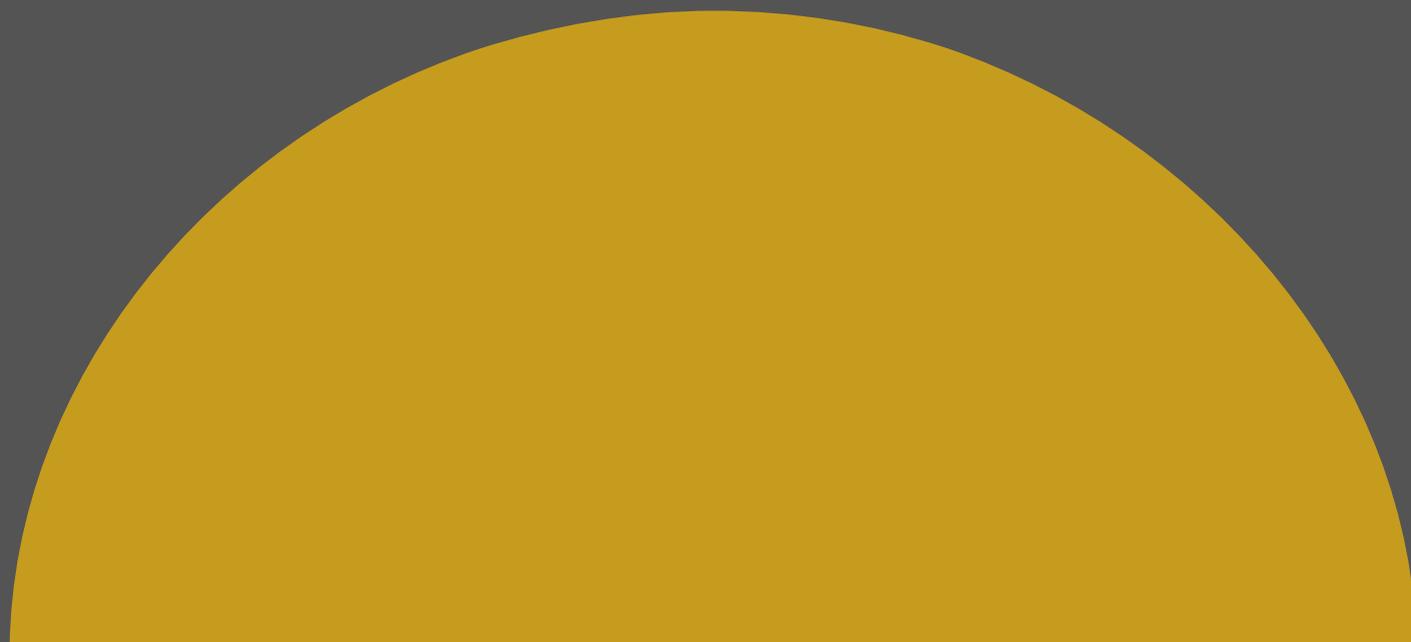


HIGH PERFORMERS OPTIMIZE THEIR ENERGY

They engage in activities that nurture their mental well-being, such as mindfulness practices, meditation, and mental exercises that enhance focus and resilience.

Emotionally, they cultivate self-awareness, regulate their emotions effectively, and develop healthy coping mechanisms to handle stress and setbacks.

Physically they prioritize exercise, rest, nutrition, and self-care to ensure their bodies are primed for optimal performance.



WHY DO AN ENERGY AUDIT

The goal of an energy audit is to gain awareness of where your energy is going so you can ultimately make intentional adjustments and prioritize activities that align with your values and goals.

Through consistent practice and reflection, you can create a life that is filled with more joy, fulfillment, and lasting happiness.

Assess your Mental Energy

Start by examining your thought patterns and the quality of your mindset. Identify any recurring thought patterns that drain your mental energy and note them down.

Evaluate your Emotional Energy

Reflect on your emotional state and the factors that influence it. Consider whether you are practicing emotional self-care and setting healthy boundaries in your interactions. Identify any emotional patterns or habits that negatively impact your energy levels.

Analyze your Physical Energy

Take a close look at your physical well-being and how you allocate your physical energy throughout the day. Are you getting enough sleep, exercise, and nourishing food? Consider whether you have any habits or behaviors that compromise your physical energy, such as excessive caffeine consumption, sedentary lifestyle or poor self-care practices.

HOW TO DO AN ENERGY AUDIT

Getting a detailed view of how your thoughts, behaviors and activities contribute to your energy in a positive or negative way helps you be more intentional about adjustments that need to be made based on your goals.

Be compassionate with yourself throughout this process, as it is an opportunity for growth and transformation. Recognize that change takes time and small, consistent steps can lead to significant improvements in your energy levels and overall well-being.

1. Take a piece of paper and divide it into two columns. Label the left column “Debits” and the right column “Credits.”
2. Debits: In the left column, write down all the activities, behaviors, or habits that drain your energy or have a negative impact on your mental, emotional, or physical well-being. Ex. procrastination, excessive screen time, toxic relationships, negative self-talk or unhealthy eating habits.
3. Credits: In the right column, write down all the activities, behaviors, or habits that energize and uplift you. These are the things that boost your mental, emotional or physical energy and contribute to your overall well-being. Ex. Spending time with loved ones, pursuing hobbies, physical exercise, self-care or engaging in activities aligned with your passions.
4. Reflect and analyze: Once you have identified the energy-draining activities (debits) and the energy-giving activities (credits), it's time to prioritize adjustments. Look at the debits column and consider which activities you can reduce, modify or eliminate to conserve your energy. Look at the credits column and think about how you can incorporate more of these activities into your daily life to enhance your energy levels.
5. Take action: Set specific, realistic goals and establish a plan for integrating energy-giving activities and reducing energy-draining ones.

3

HIGH PERFORMERS BUILD BETTER HABITS

High performers understand that habits are the building blocks of success and that we do not rise to the level of our goals but actually fall to the level of our systems.

They build healthy habits and positive routines that support their values, well-being, goals and aspirations.

They focus on the process of consistency.

Even when faced with obstacles high performers maintain their commitment to habits, understanding that consistency is key to achieving sustainable results.

WHY A HABIT TRACKER

A habit tracker is a simple yet effective method to track your daily activities and behaviors to help you reach desired outcomes.

Habit tracking is powerful for many reasons...

It creates a visual cue that can remind you to act.

It allows you to have a clear visual representation of how you intend to utilize your energy throughout the day.

It's motivating to see the progress you are making.

You don't want to break your streak. By using a habit tracker, you bring intentionality and awareness to your daily routines, enabling you to make conscious choices about where and how you invest your energy.

It feels satisfying to record your success in the moment.

Your habit tracker provides immediate evidence that you completed your habit.

It's a signal that you are making progress.

Stay committed, be consistent, and watch as your intentional use of energy transforms your life into one of more fulfillment and lasting happiness.

USING A HABIT TRACKER TO BUILD HABITS

How It's Unique

This Habit Tracker was created to help you stay consistent with habits that are the best use of your mental, emotional and physical energy. So, you can remember the activities and behaviors that are positive uses of your energy and be intentional about practicing them to take your health and happiness to the next level.

How It Works

By tracking your habits and consciously directing your energy towards activities that align with your values and goals, you create a powerful feedback loop. The energy you project through your thoughts and actions sets the stage for what you attract and experience in your life. By consistently focusing on habits that fuel your mental, emotional, and physical energy you create a positive cycle of growth, joy and fulfillment.

How to Use it

Get clear around what you want and the best use on your mental, emotional and physical energy. Use the healthy habit idea lists to identify activities that align with your values and what's most important to you. Write in activities on the habit tracker that you want to stay consistent with based on your priorities. Be intentional with self care habits so you can cultivate a life filled with joy, fulfillment, and happiness.

Place a mark or shade in the cell next to the habit when you complete it for the day. Check in throughout the day to make sure you are prioritizing the habits you committed to.

Consistency is key when it comes to cultivating positive habits. Doing a habit for a short period of time is better than not doing the habit at all. It helps you practice the habit muscle and build confidence. Review at the end of each week to celebrate your consistency and progress.

TIPS FOR BUILDING HABITS

One of the best ways to honor ourselves is to stay consistent with healthy habits that are aligned with our goals.

It's important to consider that our current habits are designed to give us our current results.

Don't feel bad if forming a new habit feels like a ton of work.

Humans aren't wired for change. Feeling resistance towards building a new habit is completely normal.

Here's some tips from habit experts that can help...

1. Start small to gain momentum. Preferably adding one new habit at a time.
2. If a habit feels overwhelming break it into incremental small parts or do it for only a few minutes at first.
3. A habit must be established before it can be improved. Consistency over Intensity.

Here's to helping you feel empowered to be the architect of your habits instead of the victim of them

ENERGY HABIT TRACKER

DATES

FOCUS THIS WEEK

MORNING ROUTINE

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BEST USE OF MY PHYSICAL ENERGY

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BEST USE OF MY MENTAL & EMOTIONAL ENERGY

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EVENING ROUTINE

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Did you find this ebook valuable?

Continue your journey of developing the mindset and skillset you need to optimize your energy with The Energy Code workbook.

It's a step by step guide to help you shift the way you use your energy to be in alignment with your values and goals.

Uniquely designed to help you optimize your Mental, Emotional and Physical Energy.

No one changes their life until they change their energy and the key is shifting how you feel from the inside out. Doing the work to uncover how your thoughts, behavior and activities are contributing to your overall energy levels. You can't rest your way out of burnout but you can create the change you're looking for by uncovering the root cause of stress and overwhelm.

YOUR ENERGY
IS YOUR SUPERPOWER.

USE IT TO CREATE
THE LIFE YOU DESIRE.

Let's stay connected!

You can find us on Instagram or Facebook at Healthy Planet Group

www.healthyplanetgroup.com