



The School of Life SA

# Life Skills Coaching Workbook

## Energy Drain Tracker

*A Free Resource from The School of Life SA*

*This workbook is designed to help neurodivergent individuals build self-awareness around energy patterns. Use it daily or weekly to notice which activities drain you and which restore you — so you can plan, pace, and thrive.*

### How to Use This Workbook

1. Complete the Daily Tracker after activities or interactions.
2. Use the Energy Scale: 1 = Completely drained | 10 = Fully energised.
3. Note sensory overload, emotional demands, or social pressure in the triggers column.
4. End each week with the Weekly Reflection to spot patterns.
5. Personalise your Energy Replenishment list as you discover what works for you.

*⚠ Disclaimer: This tracker is a self-awareness and coaching support tool. It is not a medical or psychological assessment or treatment. If you experience severe or ongoing fatigue, please consult a qualified health professional.*

[www.theschooloflife.org.za](http://www.theschooloflife.org.za)

*Free Resource — May be printed or shared for personal and coaching use.*



## Daily Tracker

Use this table daily or after significant activities. Track how your energy levels shift and what may have influenced them.






Date	Activity / Situation	Energy Before (1-10)	Energy After (1-10)	Sensory / Emotional Triggers?	Notes / Coping Strategies

### Energy Scale Reminder

1-3 = Very drained or overwhelmed    4-6 = Moderate / manageable    7-10 = Energised and resourced

## Visual Energy Meter

At the start or end of each day, circle or mark your current energy state below.

 <b>Red</b> Overwhelmed	 <b>Orange</b> Drained	 <b>Yellow</b> Low but okay	 <b>Green</b> Balanced	 <b>Blue</b> Recharged
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## Weekly Reflection

Complete this section at the end of each week. Noticing patterns over time is where the real self-awareness begins.

Reflection Question	Your Notes
What activities consistently drained your energy?	
What activities consistently replenished your energy?	
Were there any unexpected triggers or patterns?	
How did your body signal fatigue or overload (e.g., headaches, irritability, zoning out)?	
What supportive strategies worked best this week?	

## Energy Replenishment Ideas

Personalise this list as you discover what works for you. Add your own strategies as you go.

- Sensory breaks (quiet room, dim lights, noise-cancelling headphones)
- Gentle movement or stretching
- Time in nature or fresh air breaks
- Weighted blanket or grounding tool
- Scheduling "transition time" between tasks
- Limiting back-to-back social events
- Using written communication instead of verbal when tired
- Creative activities — drawing, music, journalling
- Nourishing food and staying hydrated
- Your own strategies:

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## My Personal Energy Profile

Use this page to summarise your key discoveries over time. Return to it regularly to update your profile as you learn more about your patterns.

My Top ENERGY DRAINS	My Top ENERGY BOOSTERS
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

## My Body Signals of Fatigue / Overload

How does your body tell you that you are reaching your limits? Knowing this early is a superpower.

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## My Go-To Strategies That Work

List the coping strategies and supports that help you recover and regulate.

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*If you don't make time for YOUR WELLNESS,  
you will be forced to make time for YOUR ILLNESS.  
YOU CHOOSE!*



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Educate • Empower • Inspire

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