







# ENERGY PLAN

 GOOD DAY	 BAD DAY	 BOOSTERS	 ZAPPERS	 SUPPORT	 ACTIONS
When things are 'good' I know because...	Things that can challenge or stress me...	Things that give me energy are...	Things that take energy from me are...	My go-to people as my closest support are...	I will commit to...
When things are 'good' others will see...	When things are 'bad' others will see...	My motivations / things that get me out of bed in the morning are...	Things that can make it worse are...	Others I could go to for support are...	I will ask for help when...
When things are 'good' others might not see...	When things are 'bad' others might not see...	My favourite activities to do are...	The first sign of my energy changing is...	Who might I share my energy plan with?	Who I might ask for help is...