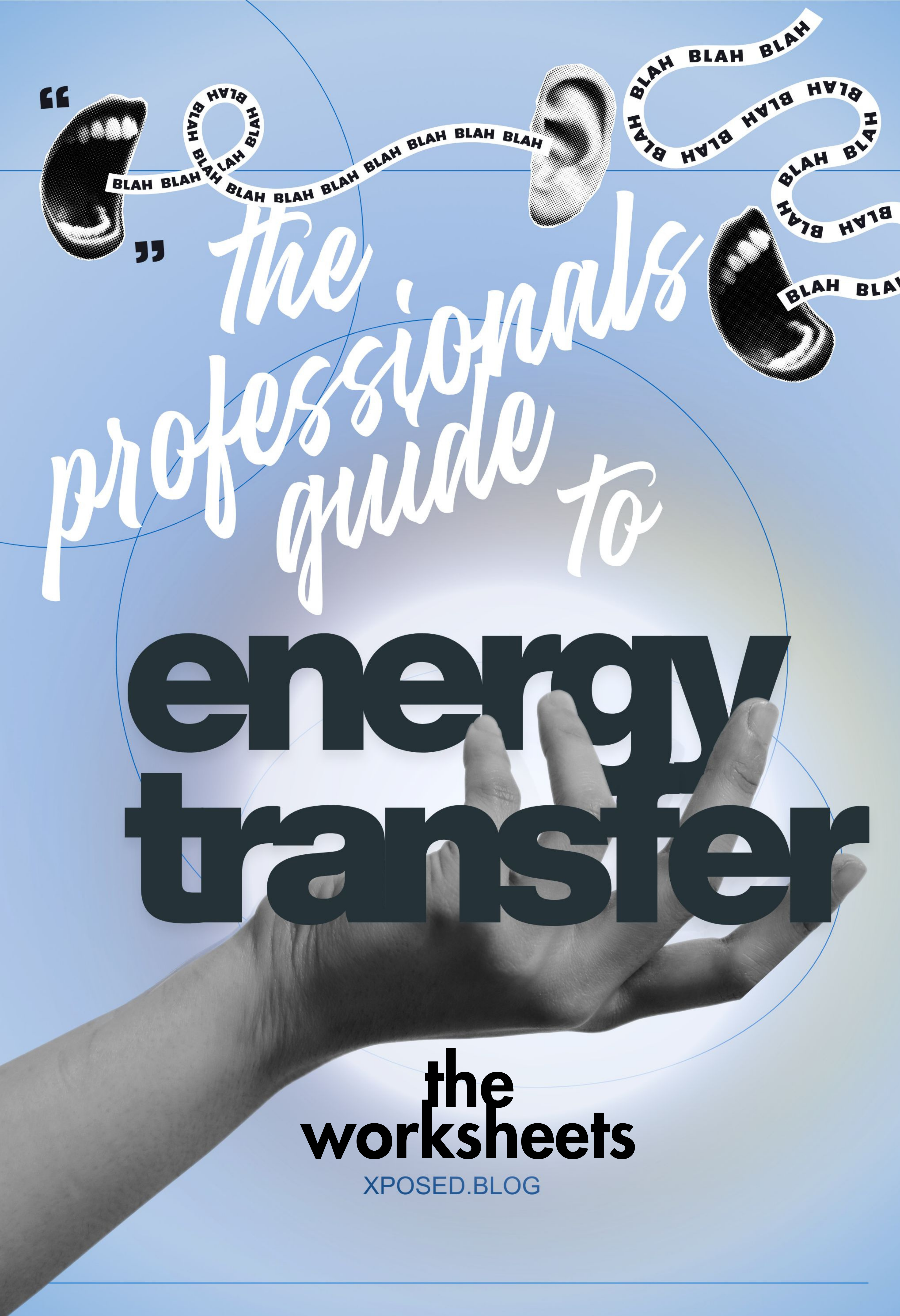




*The professionals
professional guide to*

**energy
transfer**

**the
worksheets**

XPOSED.BLOG

YOUR ENERGY GIVERS & TAKERS

Now, it's time to make a list personal to you. **Be specific.** This is a no-judgment zone, so feel free to write specific names, activities, etc.

If you're unsure of what goes where, ***pay attention to how you feel before, during, and after experiences.*** Do you feel expanded or depleted? Feel free to come back and update this list.

MY ENERGY GIVERS

*People, relationships, places, habits
and experiences that fill me up.*

MY ENERGY TAKERS

*People, relationships, places, habits
and experiences that drain me.*

✦ ✧ **Why Is This Important?** When you align your life with energy givers and set boundaries with takers, you create a life that feels light, purposeful, and fully your own. By identifying your list, ***you're creating the exact cheat codes of your good life.***

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MY ENERGY TAKERS

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the energetic

assessment

You give so much of yourself to others. This assessment helps you pause, reflect, and understand what you may be carrying that isn't yours—so you can protect your energy, reclaim your peace, and continue doing the work you love without burning out.

YOUR TOTAL SCORE

Add up all 6 sections

_____ / 48

1

YOUR MIND

How clear, focused, and mentally at peace are you?

- ☐ I find myself replaying client conversations after work.
- ☐ I think about work long after I've gone home.
- ☐ I feel mentally cluttered or scattered.
- ☐ I have trouble concentrating.
- ☐ My creativity has declined.
- ☐ I overthink interactions that should have ended hours ago.
- ☐ I feel overwhelmed by the amount of information I take in from others.
- ☐ I feel mentally exhausted by the end of the day.

MIND TOTAL: _____ / 8

2

YOUR EMOTIONS

How emotionally balanced and protected do you feel?

- ☐ I feel emotionally drained after certain clients.
- ☐ My mood changes depending on who's on my schedule.
- ☐ I feel irritated, anxious, or on edge without knowing why.
- ☐ I carry stress that doesn't seem connected to my own life.
- ☐ I dread seeing certain clients.
- ☐ I struggle to "turn work off" when I get home.
- ☐ I feel guilty when I set boundaries.
- ☐ I feel empathy so deeply that it becomes overwhelming.

EMOTIONS TOTAL: _____ / 8

3

YOUR BODY

How is your body responding to your daily work?

- ☐ I feel exhausted even after a full night's sleep.
- ☐ My shoulders, jaw, or neck are often tight.
- ☐ I experience headaches or migraines after work.
- ☐ I feel physically heavy after emotionally difficult appointments.
- ☐ My body feels like it never fully relaxes.
- ☐ I have stomach issues, tight chest, or shallow breathing.
- ☐ I feel more tired on days I have emotionally intense clients.
- ☐ I ignore my body's signals until I reach a breaking point.

BODY TOTAL: _____ / 8

4

YOUR BUSINESS ENVIRONMENT

What kind of energetic environment are you creating and working in?

- ☐ I feel rushed or behind all day.
- ☐ My workspace feels cluttered or chaotic.
- ☐ My music, lighting, or atmosphere no longer feels calming.
- ☐ I haven't taken time to energetically reset my space in weeks.
- ☐ I don't have enough space or tools to do my best work.
- ☐ My schedule rarely allows for breaks.
- ☐ I feel like I'm just "getting through" my workday.
- ☐ My passion for my work feels lower than it used to.

ENVIRONMENT TOTAL: _____ / 8

5

YOUR BOUNDARIES

How well do you protect your time, energy, and personal space?

- ☐ I answer work messages after hours.
- ☐ I allow clients to cross my personal boundaries.
- ☐ I feel uncomfortable saying no.
- ☐ I take on other people's problems without protecting my peace.
- ☐ I over-give because I want everyone to be happy.
- ☐ I don't charge what I'm truly worth.
- ☐ I feel guilty when I prioritize myself.
- ☐ I often leave work carrying someone else's emotions.

BOUNDARIES TOTAL: _____ / 8

6

YOUR SPIRIT

How connected do you feel to your purpose and inner self?

- ☐ I feel disconnected from myself.
- ☐ I have lost sight of my "why."
- ☐ I don't feel inspired or excited about my work.
- ☐ I compare myself to others often.
- ☐ I neglect my spiritual practices or personal growth.
- ☐ I feel like I'm just going through the motions.
- ☐ I rarely take time alone to recharge.
- ☐ I don't feel aligned with the work I used to love.

SPIRIT TOTAL: _____ / 8

DEEP REFLECTION

Take a few minutes to really reflect.

- What type of client leaves me feeling energized?

- What type of client consistently drains me?

- When was the last time I truly felt excited to go to work?

- What emotions am I bringing home every day?
Which ones actually belong to me?

- Do I feel like I'm serving people...
or carrying them?

ENERGY LEAKS

What needs to change?

Check anything that may be draining your energy.

- ☐ I take on too much.
- ☐ I lack boundaries.
- ☐ I say yes when I want to say no.
- ☐ I compare myself to others.
- ☐ I don't ask for help.
- ☐ I don't take breaks.
- ☐ I absorb my clients' emotions.
- ☐ I work in a chaotic environment.
- ☐ I don't charge my worth.
- ☐ I neglect my own needs.
- ☐ I stay in situations that aren't aligned.
- ☐ Other: _____

MY ACTION PLAN

Small steps. Big changes.

What is one thing I can do this week to protect my energy?

What boundaries do I need to strengthen?

What self-care practices will I commit to?

How will I reset my space and energy regularly?

Who can support me on this journey?
