

Your 2026 Energy Debt Tracker

+ Intention Setting Workbook

Stop Chasing Productivity. Start Protecting Your Peace.

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Welcome to Your Best Year

This workbook helps you stop burning out by tracking where your energy actually goes.

You'll track what drains versus energizes you for two weeks, then use that data to eliminate what doesn't serve you and protect what does. This isn't about doing more. It's about doing what matters and letting everything else go.

What's Inside:

- 2-Week Energy Tracking Log
- Energy Audit Analysis
- 2026 Intention Setting
- Boundary Planning
- Sustainable Routine Builder
- Monthly Check-Ins

Energy Debt Tracker: Week 1

Track every commitment, interaction, and activity for two weeks. After each, note: ↲ Energized | ↓ Drained | ➔ Neutral

Day	Activity/Commitment	Energy	Notes
Monday		↲ ↓ ➔	
Tuesday		↲ ↓ ➔	
Wednesday		↲ ↓ ➔	
Thursday		↲ ↓ ➔	
Friday		↲ ↓ ➔	
Saturday		↲ ↓ ➔	
Sunday		↲ ↓ ➔	

Energy Debt Tracker: Week 2

Day	Activity/Commitment	Energy	Notes
Monday		⚡️ ↓ ➡️	
Tuesday		⚡️ ↓ ➡️	
Wednesday		⚡️ ↓ ➡️	
Thursday		⚡️ ↓ ➡️	
Friday		⚡️ ↓ ➡️	
Saturday		⚡️ ↓ ➡️	
Sunday		⚡️ ↓ ➡️	

Energy Audit: What the Data Reveals

Consistently Energizing (Keep These):

1.

2.

3.

4.

5.

Consistently Draining (Eliminate or Reduce):

1.

2.

3.

4.

5.

What I'm Eliminating This Month:

1.

2.

3.

2026 Intention Setting

Intentions are different from goals. Goals are external. Intentions are internal states of being. Your best year isn't about achieving more - it's about feeling aligned.

How I Want to FEEL in 2026:

1.

2.

3.

What "Best Year" Means to ME:

My 2026 Core Values:

1.

2.

3.

My 2026 Boundaries

Work Boundaries:

I will NOT:

I WILL:

Relationship Boundaries:

I will NOT:

I WILL:

Personal Time Boundaries:

I will NOT:

I WILL:

Your Best Year Starts Now

You've done the work. You know what drains you and what energizes you. You've set intentions and boundaries.

Now comes the practice: choosing alignment over achievement, every single day. Protecting your energy like it's your job. Saying no without guilt. Building a life that feels good to live inside.

This won't be perfect. You'll slip up. You'll say yes when you mean no. You'll abandon a boundary. That's okay. This is practice, not performance.

Your best year is waiting. Go meet it.

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