YOUR TIME AND ENERGY CHECK

Life can feel full, fast and overwhelming. Take a moment to pause and notice how your time and energy are being spent — what feels draining, what feels nourishing and where a small shift might bring a little more ease.

1. Which parts of your day feel rushed, reactive or mentally cluttered?

2. Where does your time feel well-spent — even if it's not "productive" in the usual sense?

3. If your week felt just a little calmer, what would look or feel different?