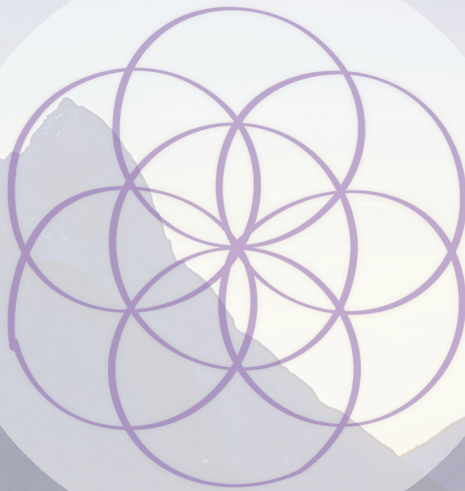


Energy Awareness

REFLECTION GUIDE



**MORNING CHECK-IN:
"HOW DO I FEEL?"**



**MIDDAY AWARENESS:
"WHAT SHIFTED MY
ENERGY?"**



**EVENING REFLECTION:
"WHAT RAISED OR DRAINED
MY ENERGY TODAY?"**

TRACK, UNDERSTAND & STRENGTHEN YOUR ENERGY DAILY



Your energy is your most powerful tool. It affects how you feel, how you interact with others, and what you attract into your life. When you become aware of your energy, you gain control over it—allowing you to shift from feeling drained and disconnected to feeling aligned, vibrant, and at peace.

This **Energy Awareness Reflection Guide** is designed to help you identify energy shifts, recognize patterns, and strengthen your energy hygiene. By using this simple guide daily, you'll be able to clear negative energy, increase your vibration, and create a stronger connection with your highest self.



HOW TO USE THIS GUIDE

Use this guide morning, midday, and night to track your energy and reflect on how it shifts throughout the day.



MORNING CHECK-IN: SET THE TONE FOR YOUR DAY

Start each morning with three deep breaths and a moment of stillness. Then ask yourself:

- How do I feel emotionally, physically, and mentally right now?
- What word best describes my energy? (Example: calm, scattered, drained, vibrant)
- What is my intention for the day? (Example: "Today, I choose to be present and grounded.")



Tip: If you wake up feeling low-energy or heavy, visualize yourself surrounded by golden light and say, "I call back my energy. I release anything that does not serve me."



MIDDAY AWARENESS: CHECK YOUR ENERGY FLOW

Pause in the middle of your day for one minute of mindful breathing and reflect on:

- What has influenced my energy today? (A conversation, social media, food, environment, etc.)
- Have I felt energized or drained throughout the day?
- If I feel off-balance, what can I do to shift my state? (Example: stretch, hydrate, take a deep breath, cleanse my energy.)



Tip: If you notice your energy dipping, take 3 deep clearing breaths and imagine any heaviness melting away.

EVENING REFLECTION: REALIGN BEFORE SLEEP

Before bed, take a few moments of stillness to reflect on your day. Write down or mentally note:

- What activities, interactions, or thoughts raised my energy today?
- What drained my energy? (Did something trigger me? Did I overextend myself?)
- What can I do differently tomorrow to protect and strengthen my energy?



Tip: As you lay in bed, visualize any stress or negative energy flowing down **through your body and into the Earth**. Imagine yourself surrounded by **soft, golden light** and say, "I release all that does not serve me. I am recharging. I am at peace."



WHY ENERGY AWARENESS MATTERS

When you actively track and shift your energy, you will:

- ✔ **Prevent burnout by recognizing early signs of energy depletion.**
- ✔ **Protect yourself from negative influences that drain your vibration.**
- ✔ **Manifest more effectively by aligning your frequency with what you desire.**
- ✔ **Experience deeper peace, joy, and clarity every single day.**



This guide is your first step to mastering energy work—because awareness leads to transformation.

PRINT THIS GUIDE

Want to keep this reflection practice handy? Print it out so you can track your energy daily.

DON'T FORGET YOUR OTHER BONUSES!

As part of your Do This Before Bed book purchase, you have access to exclusive bonuses designed to support your transformation.

These include:

- ✓ Guided meditations to clear energy, manifest abundance, and promote deep rest.
- ✓ Printable resources like checklists and reflection guides to integrate the book's practices into your daily life.
- ✓ Special exercises & tools to help you strengthen your energy, mindset, and manifestation power.

 Go here to access all your bonuses: dothisbeforebed.com/resource

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