

THOUGHTFUL CONNECTIONS

Counseling, LLC · Counseling with Care

A PERSONAL REFLECTION WORKBOOK

Make Room for You

A Thoughtful Guide to Rest, Boundaries,
Support, and Your Own Needs

A companion to the Where Is Your Energy Going? reflection quiz

Notice what you carry.

Choose where care can begin.

Denitra L. Gaines, LPC, NCC

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NOTICE YOUR ENERGY

See what you are carrying

Choose three ordinary demands from a recent day. Include visible tasks and less visible work, such as remembering, anticipating, checking in, or keeping things running. A demand can matter to you and still require more support.

Example: Coordinating family appointments → I keep checking messages after work → I could choose one time to respond and ask someone to confirm one appointment.

What used my energy?	What did I notice?	What could change?

Which demand is asking for the most attention right now?

Some demands cannot be removed today. Notice whether the first available choice is to share, simplify, postpone, ask, or recover afterward.