



the **jōrni**

Energy Mapping

WORKBOOK

Energy Mapping

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Welcome to your Energy Mapping Workbook, a tool designed to help you navigate and understand your unique energy rhythms. Functional Freeze can leave us feeling stuck, overwhelmed, or disconnected, but this workbook offers simple and practical steps to gently explore where your energy flows and where it might be blocked. With a focus on small, actionable insights, you'll discover ways to support your energy in the moment and over time.

1. Recognize patterns in your energy and understand what influences it most
2. Identify where energy feels stuck and explore ways to encourage flow
3. Build awareness of how your daily choices and environment shape your energy
4. Deepen your understanding of your body's natural energy rhythms

HOW TO USE THIS WORKBOOK

1. Find a calm space to reflect without distractions
2. Check in with your energy using the daily quadrant grid
3. Mark areas of flow or stuck energy on the body map
4. Use the checklist to identify what's shaping your energy
5. Pull together patterns and insights in the summary section
6. Return to these pages whenever you need clarity or perspective



ENERGY SNAPSHOT

Take a moment to reflect on your energy right now. Note the square that best represents how you're feeling today.

HIGH ENERGY PRODUCTIVE

Focused
Energized
In Flow

HIGH ENERGY OVERWHELMED

Anxious
Restless
Scattered

LOW ENERGY CALM

Relaxed
Grounded
Content

LOW ENERGY STUCK

Exhausted
Frozen
Disconnected

ENERGY SNAPSHOT

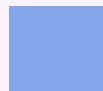
Take a moment to reflect on your energy state today. Look at the four quadrants and choose the one that feels most like your experience right now. Once you've selected your 'square,' circle the matching colored box below.

Use the provided fields to jot down quick thoughts about:

- How this energy state feels in your body, mind, or emotions.
- What might be contributing to this state (e.g., activities, rest, environment).

Feel free to track your observations in whatever way works best for you—whether that's writing here, jotting notes in a journal, or even recording voice notes. We recommend doing this daily. Over time, revisit your entries to identify triggers, patterns, or shifts in your energy. This practice can help you develop a deeper understanding of what shapes your energy and how to manage it more effectively.

Date:



What does this feel like in your body or mind?

What contributes most to this state right now?

Date:



What does this feel like in your body or mind?

What contributes most to this state right now?

Date:



What does this feel like in your body or mind?

What contributes most to this state right now?

Date:



What does this feel like in your body or mind?

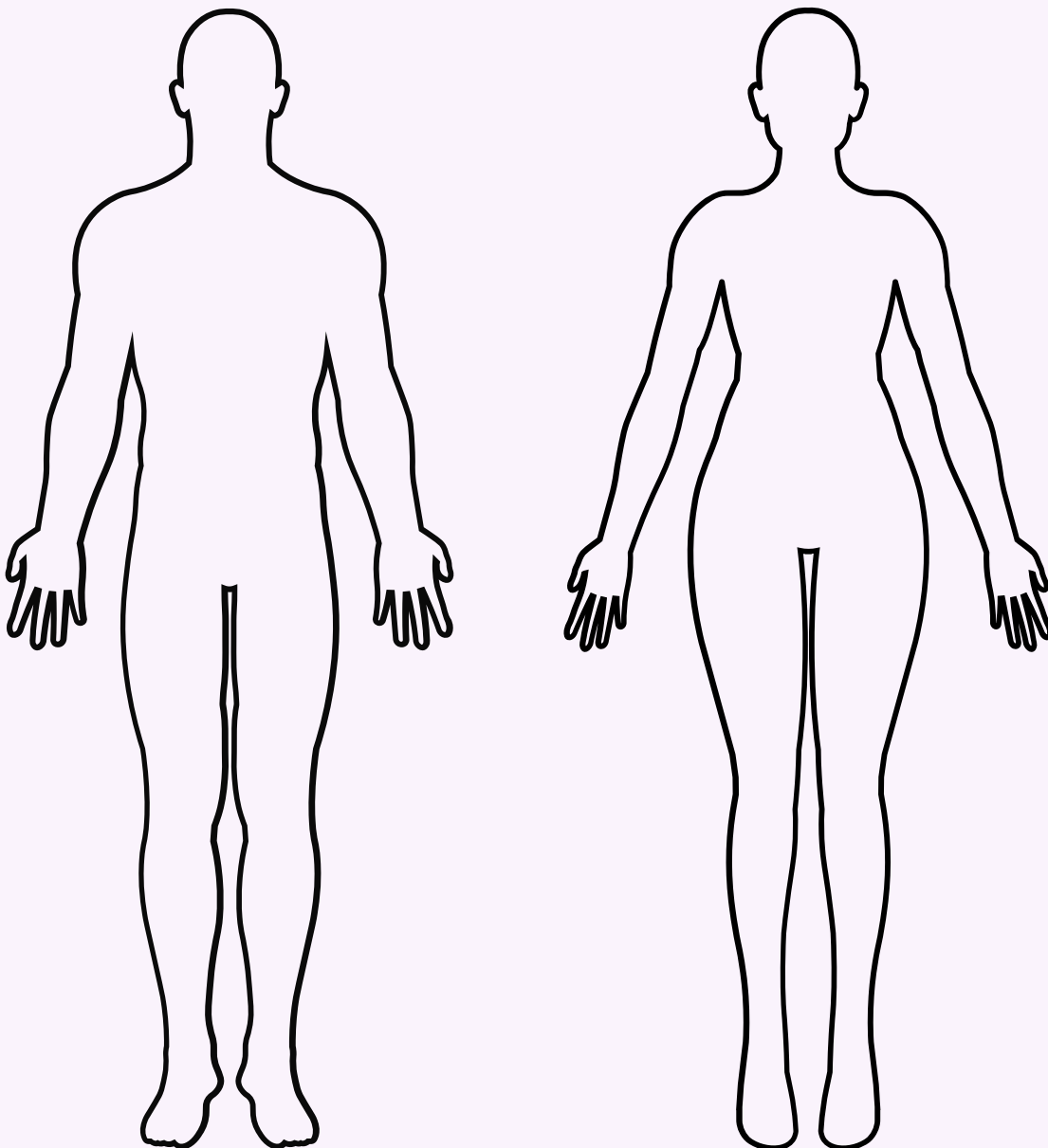
What contributes most to this state right now?

ENERGY MAPPING

Use the body map below to explore how energy flows through your body.

- Mark areas of energy flow with a color or symbol that feels intuitive (e.g., green for flow, arrows, etc.).
- Mark areas where energy feels stuck with a different color or symbol (e.g., red, Xs, or circles).

You can use pens, crayons, or a digital drawing tool—whatever works best for you. Take a moment to reflect: What might these areas need to support energy flow?



WHAT SHAPES YOUR ENERGY?

Review the list below and check the boxes for factors you feel are influencing your energy today. Use the space at the bottom to note one area you'd like to focus on improving.

PHYSICAL

- ☐ Fatigue or exhaustion despite rest
- ☐ Body tension or pain
- ☐ Chronic health challenges or flare-ups
- ☐ Lack of movement or overexertion

EMOTIONAL

- ☐ Feeling emotionally numb or disconnected
- ☐ Waves of anxiety or feeling "on edge"
- ☐ Difficulties expressing or processing emotions
- ☐ Overwhelming sadness, anger, or frustration

MENTAL

- ☐ Brain fog or difficulty concentrating
- ☐ Overthinking or constant worry
- ☐ Struggling to make decisions
- ☐ Losing motivation or sense of purpose

ENVIRONMENTAL

- ☐ Chaotic surroundings
- ☐ Feeling "stuck" in your daily routine or space
- ☐ Lack of quiet or personal space
- ☐ Overexposure to screens or digital input

WHAT SHAPES YOUR ENERGY?

Which of these influences feels most manageable to address?

Write one small step you can take to support your energy in this area.

YOUR UNIQUE ENERGY MAP

Look back at your Energy Snapshots, Energy Body Map, and Influencers Checklist. Use this page to identify key patterns, triggers, and opportunities for supporting your energy.

What Patterns Do You Notice?

Reflect on your energy observations. Are there recurring times, activities, or feelings that stand out?

What Drains Your Energy Most Often?

From your reflections, what external or internal triggers seem to deplete your energy the most?

What Helps Your Energy Flow?

What activities, environments, or practices consistently improve your energy?

YOUR UNIQUE ENERGY MAP

Where Do You Need More Support?

Which aspects of your energy need the most attention right now? Consider emotional, mental, physical, or environmental areas.

What Helps Right Now?

When your energy feels stuck or overwhelming, what small actions can you try right now to shift how you feel? Write down a few easy, accessible ideas.

One Step to Support Your Energy

What's one small action you can take this week to support your energy patterns?

Thank You

FOR EXPLORING THE ENERGY MAPPING WORKBOOK

This workbook is just the beginning, a supportive tool to help you explore your unique energy rhythms, identify patterns, and reconnect with your body's natural flow. If you've found these tools helpful, we invite you to continue exploring this transformative journey with us.

Discover the full **Functional Freeze Formula** in the book, where you'll gain a deeper understanding of Functional Freeze and the tools to support your healing journey.

If you wish to continue working with these tools in a more profound way, we offer free practice circles as well as guided programs that bring together live sessions, community, and advanced practices to help you grow beyond survival mode and create lasting change.

For the most up-to-date information on upcoming events and programs, please [visit our website and sign up for our newsletter.](#)

Wherever you are on your journey, give yourself permission to take things one step at a time. Progress happens in the small moments, and every step matters.

We're so glad you're here!