

Boundaries & Energy Mapping Tool

Your energy is one of your most valuable resources. This worksheet helps you visualize how your relationships, responsibilities, and habits either drain or restore your energy — so you can set boundaries that protect your peace and align your life with what truly matters.

For many neurodivergent individuals, energy depletion can happen faster due to sensory overload, masking, or emotional labor. Understanding your energy patterns can help you set boundaries that honor your unique wiring rather than working against it.

Section 1: Energy Awareness

Instructions: Reflect on your typical day or week. Use the table below to identify what drains and what restores your energy.

Energy Drainers	Energy Restorers

Section 2: Boundary Check-In

Use the prompts below to explore where your boundaries may need more clarity or strength.

- Where do I feel most drained or resentful?
- What boundaries (or lack of them) contribute to this feeling?
- What situations or relationships energize me?
- What boundaries help protect that energy?

Section 3: Energy Recalibration Plan

Identify one or two small shifts you can make this week.

- One boundary I need to reinforce:
- One activity or habit I want to add or prioritize:
- One person or space that feels safe and grounding for me:
- My intention for this week: