

POSITIVE ENERGY MAP



**Calms Me
Down**



**Energises
Me**

💡 **How to Use Your Positive Energy Map**

Think about the things you do that make you feel calm, and the things that boost your energy.

🧑 On one side of the Venn diagram, write down the calming activities that help you feel relaxed or settled.

⚡ On the other side, write the energising activities that lift your mood or get you moving.

🔄 In the middle, add any activities that do both - they help you feel calm and energised.

This map gives you a quick picture of the positive activities in your life. You can use it anytime to help decide what might help your wellbeing in the moment - whether you need to wind down or get going!