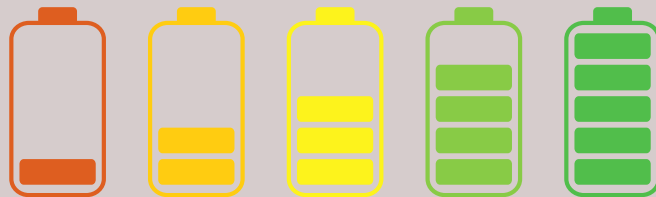




Energy Audit



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As women in perimenopause and menopause, we often find ourselves navigating a complex landscape of physical changes, emotional fluctuations, and shifting priorities. This time of life can be both empowering and challenging, as we reassess what truly matters to us and how we want to spend our energy.

One of the most important steps you can take during this transition is to conduct an energy audit. An energy audit is a powerful tool that helps you identify where your energy is going, which activities and habits are draining you, and how you can realign your daily life with your core values and well-being.

Unlike the conventional approach to managing stress and burnout, which often focuses on reducing workload, an energy audit dives deeper. It helps you examine the beliefs and expectations that drive your actions, and encourages you to create a life that supports, rather than depletes, your energy.

In this process, you'll gain clarity on what truly matters to you, allowing you to let go of what no longer serves you. The goal isn't just to survive this stage of life, but to thrive—by conserving your energy for the things that bring you joy, fulfillment, and peace.

Let's embark on this journey together, and discover how a well-structured energy audit can help you reduce stress, avoid burnout, and embrace the wisdom and vitality that this phase of life has to offer.



Energy Audit

PAUSE - Module 1 - Energy Audit

Step 1: Identify Energy Drains

- **Reflect on Your Daily Activities:** Take time to assess your typical day from start to finish. Write down all the activities you engage in, both big and small.
- **Ask Yourself:**
 - Who or what consistently drains your energy?
 - Which tasks leave you feeling frustrated, overwhelmed, or depleted?
 - Are there particular times of day when you feel your energy dip significantly?
- **Tips for Perimenopause and Menopause:**
 - Consider how hormonal fluctuations might be impacting your energy levels at different times of the month.
 - Pay attention to physical symptoms like hot flashes, sleep disturbances, or fatigue that could be influencing your energy.



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Step 2: Align Activities with Core Values

- **Identify Core Values:** Reflect on your core values and priorities during this stage of life. What truly matters to you right now?
- **Evaluate Activities:**
 - Look at the list of activities from Step 1.
 - Determine which ones align with your core values and contribute to your overall well-being.
 - Highlight activities that are meaningful and supportive of your health, relationships, and personal growth.
- **Eliminate or Reduce:**
 - Begin to eliminate or reduce tasks that don't align with your core values or that you do out of obligation rather than desire.
 - Consider outsourcing, delegating, or simply letting go of these tasks.
- **Special Considerations:**
 - Be mindful of the added demands that might come with this life stage, such as caring for aging parents, managing work-life balance, or coping with physical changes.
 - Prioritize self-care activities that nurture your body and mind.



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Step 3: Re-evaluate Beliefs About "Doing It All"

- **Challenge Existing Beliefs:**

- Question the belief that you must handle everything on your own.
- Reflect on societal or personal expectations that push you to take on more than you can comfortably manage.

- **Consider Alternatives:**

- Think about how you can simplify your responsibilities.
- Explore options for delegating tasks to others, even if it means asking for help or hiring support.

- **Adopt a New Perspective:**

- Shift your mindset to recognize that rest and recovery are essential parts of productivity and well-being.
- Embrace the idea that "doing less" can actually lead to more energy, focus, and fulfillment.

- **Impact on Perimenopause and Menopause:**

- Understand that your body is going through significant changes, and it's okay to adjust your expectations and workload accordingly.
- Be compassionate with yourself as you navigate this transition.



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Action Point: Commit to Your Energy Audit

- **Set a Timeframe:** Commit to conducting your energy audit within the next week.
- **Identify Areas for Change:** Choose at least one area where you can reduce energy drains, whether it's simplifying your daily routine, letting go of an unnecessary task, or delegating a responsibility.
- **Monitor the Impact:** Observe how these changes affect your stress levels and overall energy. Reflect on any improvements in your mood, focus, or physical well-being.
- **Celebrate Small Wins:** Acknowledge and celebrate the positive changes you make, no matter how small they may seem. Every step towards conserving your energy is a step towards better health and happiness.

Great job on diving into your energy audit! You've taken an important step towards creating a life that feels more balanced and energized, especially during this time of change in perimenopause and menopause.

By going through this process, you've started to get clear on where your energy is going, what's draining you, and how you can focus more on what truly matters. It's not about doing more, but about doing what really counts for you.

You've already done the hard work of identifying those energy drains, aligning your activities with your core values, and rethinking the idea that you have to handle everything yourself. These are powerful steps towards reducing stress and avoiding burnout.

Going forward, keep these energy audit principles in mind. Regularly check in with yourself, see what's working, and don't be afraid to make changes as needed. This practice will help you stay on track, ensuring your energy is spent on the things that really make your life better.

You deserve to feel good, to have energy for what you love, and to enjoy this stage of life. Thanks for taking this journey with me—let's keep moving forward together towards a more vibrant, joyful future.