

# Worksheet: The Domestic Energy Audit

*Objective: To visually map your daily mental and physical tasks, identify what is draining your sexual battery, and create immediate boundaries to reclaim your time and energy.*

## Step 1: The Invisible Labor Inventory

List everything you do in a typical day across these four categories. Do not omit the small things - mental tracking counts heavily as labor.

|                                                                                            |                                                                                                         |
|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <b>Physical Labor</b><br>(cooking, cleaning, driving, grocery shopping, childcare)         | <b>Mental/Administrative Labor</b><br>(scheduling appointments, bills, meal planning, school calendars) |
|                                                                                            |                                                                                                         |
| <b>Emotional Labor</b><br>(managing moods, resolving conflicts, maintaining relationships) | <b>Professional Labor</b><br>(paid work hours, commuting, answering after-hours emails)                 |
|                                                                                            |                                                                                                         |

## Step 2: The Energy Impact Assessment

Go back to your list in Step 1. Next to every single item, assign a battery score based on how that task impacts your nervous system:

- **(+1) Energizing:** Gives you joy, relaxation, or personal fulfillment.
- **(0) Neutral:** Routine task; doesn't drain you, doesn't excite you.
- **(-1) Draining:** Leaves you feeling exhausted, frustrated, or mentally depleted.
- **(-2) Red Alert:** Causes immediate anxiety, physical tension, or intense resentment.



### Step 3: The Reduction Action Plan

Look specifically at your **(-1)** and **(-2)** tasks. Pick at least **three tasks** to move off your plate this week using the '3 D's Framework':

**1. Delegate:** What can be passed to a partner, roommate, older child, or outsourced service?

**Task:** \_\_\_\_\_

**Delegate to:** \_\_\_\_\_

**2. Delay:** What has an arbitrary deadline that you can safely push back?

**Task:** \_\_\_\_\_

**New Date:** \_\_\_\_\_

**3. Drop:** What happens purely out of habit or guilt that you can completely stop doing?

**Task:** \_\_\_\_\_

**Dropped permanently? (Yes/No):** \_\_\_\_\_

### Step 4: The 'Off-Switch' Boundary

An overloaded nervous system cannot enter a sensual or playful state. Define a hard boundary for the end of your day.

• My official 'Off-Switch' time tonight is: \_\_\_\_\_ PM

• When the clock hits this time, I will physically close/put away:

(e.g., laptop, work phone, cleaning supplies, unwashed kitchen dishes)

\_\_\_\_\_  
\_\_\_\_\_

• Instead, I will spend the first 10 minutes doing this low-energy somatic activity to transition my brain out of 'management mode':

(e.g., sitting in silence, a warm shower, listening to an audio track, stretching on the floor)

\_\_\_\_\_  
\_\_\_\_\_

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This is for informational purposes only. For medical advice or diagnosis, consult a professional.

