









Red light activities require a significant amount of physical, mental, social or emotional energy that deplete energy reserves quickly Yellow light activities have a neutral to moderate demand on mental, social, emotional or physical energy. They are not restorative but they are not as depleting as red light activities.

Green light activities are low in energy demand and can be restorative for your mental, emotional, physical or social energy levels or feelings of wellbeing

What body responses, sensations, emotional reactions or symptoms change during or after these activities?

Red Light Activity	What body responses, sensations, emotional reactions or symptoms change during or after these reactions	How much can I do of this activity in a day, week or month before I see negative consequences



Yellow Light Activity	What body responses, sensations, emotional reactions or symptoms change during or after these reactions	How much can I do of this activity in a day, week or month before I see negative consequences



Green Light Activity	What body responses, sensations, emotional reactions or symptoms change during or after these reactions	How much can I do of this activity in a day, week or month to offset some of the red light activities?



Now track your week:

Example Day: Activity e.g.	Energy Expense	DAY I ACTIVITY	ENERGY EXPENSE
Getting ready for work	RED		
Work meetings in person	RED		
Work meetings online	YELLOW		
Lunchtime walk outside	GREEN		
Making dinner	RED		
Housework and cleaning	YELLOW		
Phone conversation with family	YELLOW		
Listening to music and podcasts	GREEN		
DAY 2 ACTIVITY	ENERGY EXPENSE	DAY 3 ACTIVITY	ENERGY EXPENSE
DAY 4 ACTIVITY	ENERGY EXPENSE	DAY 5 ACTIVITY	ENERGY EXPENSE
DAY 6 ACTIVITY	ENERGY EXPENSE	DAY 7 ACTIVITY	ENERGY EXPENSE



Additional prompts: Which red light activities do I find the most energy demanding?				
Over the course of a day or week, how many green (restorative) activities do I have compared to red and yellow?				
Visually looking at your scheduled activities, is there a balance in red, yellow and green?				
Can you out-source any red or yellow light activities or ask for help if you exceed your capacity?				
Do some red light activities have a bigger impact on your exhaustion or symptoms (i.e. sleep or mood) than others?				

Which green light activities can be easily deployed or are the most consistently restoring/energising and how often are you able to do these?