



THE FUEL CHECK

A Simple Audit to See Where Your Energy Is Actually Going

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20–25 minutes | 6 sections | Pen required



A Note Before You Begin

Hello,

You already know something is off. You can feel it in the 3pm exhaustion that coffee can't fix. In the progress you make on Monday that disappears by Thursday. In the way you keep showing up for everything and everyone — and running on fumes doing it.

You've probably tried to fix it with better habits. Earlier mornings. More discipline. A tighter schedule.

Here's what I want you to consider: what if exhaustion isn't a discipline problem? What if it's a design problem?

The most capable people I know are often the most depleted. Not because they aren't working hard enough — because they are working hard against a design that was never built to hold them. Tracking time obsessively while completely blind to where their energy is actually going.

This guide is a fuel check. Not a time audit — an energy audit. It will help you see clearly what's filling your tank, what's draining it, and what one decision you could make today that would change how the rest of your week feels.

You don't need to overhaul everything. You just need to see clearly. That's where the redesign starts.

Take your time. There are no right answers — only honest ones.

With Clarity,

Christine



How to Use This Guide

This guide can be completed in one sitting (about 20–25 minutes) or spread across a few days. Six sections, each one building on the last. Move through them in order.

Grab a pen. Find a quiet moment. And let yourself tell the truth about where your energy is actually going.

SECTION 1: THE HONEST STARTING POINT

Before we look at what's draining you, let's see where you actually are. Not the impressive version. Not the version you'd tell someone at a networking event. The honest one.

Describe your energy on a typical week. Not how you want it to feel — how it actually feels.

When do you feel most like yourself? What is happening in those moments?

When do you feel most depleted? What is usually happening?



Complete this sentence: "I would have so much more energy if I could stop

"

Energy and time are not the same thing. You can spend an hour in a conversation that fills you up and an hour in a meeting that leaves you completely hollow. Same time. Completely different cost. This guide is about tracking the thing that actually matters.

SECTION 2: YOUR ENERGY MAP

An energy audit has two sides: what fills you and what drains you. Most people have never actually mapped this. They just know they're tired.

Be specific. Vague answers produce vague insights.

What fills you – what leaves you feeling more alive and more yourself after you do it:

What drains you – what leaves you hollow, resentful, or just less. Include obligations, relationships, environments, and habits:



Which drain has been present the longest — so long it started to feel like just how things are?

Now look at these hidden drains — the ones that masquerade as virtues. Check any that feel familiar:

- **Perfectionism** spending three hours on what needed one, and calling it high standards
- **People-pleasing** carrying everyone else's needs while quietly setting your own down
- **Chronic availability** treating your own peace as something everyone else has the right to interrupt
- **The daily negotiation** re-deciding the same things every morning instead of making them once
- **The inner critic** running its commentary at all times, using energy whether you notice it or not

Which of those landed? How does it show up specifically in your life?



SECTION 3: THE DECISION UNDERNEATH

Here is the piece most people miss – and it changes everything:

Energy vampires don't drain you once. They drain you every time you re-engage with them. Every morning you wake up and negotiate with the same pattern from scratch.

That negotiation is where your energy goes – before your day has even started.

And the negotiation continues for one reason: a decision you haven't made yet.

The vampire isn't the real problem. The unmade decision underneath it is. Design is making that decision once – so you stop making it from depletion every morning.

Pick one drain from your energy map. What decision have you been avoiding making about it?

If you made that decision once – clearly, honestly, from your real values – what would change?

What has stopped you from making it?



SECTION 4: DESIGN OVER WILLPOWER

Motivation gets you going. Discipline keeps you growing. But even the most disciplined person will eventually run dry if the design underneath their life isn't built to hold them.

Discipline is the engine. Design is the road. Without the right road, the engine burns out trying.

A system is a decision made once — so you stop making it every day from a place of exhaustion. It removes the daily negotiation. And that is where the energy comes back

Where in your life have you been relying on willpower to hold something that probably needs a system?

What is one thing you keep trying to change that hasn't stuck — not because you don't care, but because nothing structural was holding it?



What would make your most important daily habit easier to do consistently – without requiring perfection?

SECTION 5: YOUR THREE QUESTIONS + ONE SENTENCE

This is the method I use with every person I work with. Three questions that always lead somewhere actionable. Ten honest minutes. No perfect conditions required.

Work through them now for the drain you named in Section 3:

Question 1: Where am I losing energy? (The quiet recurring drain – not the dramatic one)

Question 2: What decision am I making over and over that I could make just once?



Question 3: What is the smallest system that could hold it? (Not the perfect one – the minimum viable one)

Now write the answer as one sentence:

"When [this happens], I [do this]."

Your sentence:

That sentence is a system. It removes the daily negotiation. You made the decision once. You don't have to make it again.

One more tool – for the moment when a request arrives: Before you say yes to anything, pause and ask: "If I say yes to this, what am I saying no to?" Not just on your calendar. In your energy. What gets less of you if this gets a yes? That answer is your data.



SECTION 6: YOUR ONE HONEST NEXT STEP

You don't need to redesign everything. You need one honest next step – something small enough to actually do, real enough to feel the difference.

Based on everything you've explored here, what is the one thing that feels most ready to shift?

Your When/I sentence from Section 5 – write it again here as a commitment:

I will begin on: _____

I will check in with myself on: _____ (7 days from now)

What do you want to remember from this guide?



Closing Reflection

You can't design a life you don't have the fuel to live.

But now you've seen something. You've named a drain you've been absorbing so long it felt like gravity. You've identified the decision underneath it. You've written one sentence that holds it.

That sentence is the beginning of a different experience of your days. Not a revolution. Not a complete overhaul. One decision made once, from truth, that removes the daily negotiation.

That's how a life changes. Not in one dramatic moment — but in the quiet, consistent choice to stop negotiating with the same things every morning.

You're not behind. You're not broken.

You're building.

Ready to Go Deeper?

This guide is a starting point. If you found something here worth following — here's where to continue:

The Alignment Letter

Twice-monthly letters on building a life by design, not default. Each issue includes teaching, a reflection practice, and a resource. If you received this guide through the newsletter — you're already there. Subscribe at christineadaniels.com



The Collective

This guide gave you a starting point. The Collective is where you go deeper — with a comprehensive month-long resource, weekly teaching from Christine, and a community of people doing this work together. Every month goes further into one theme: the full energy audit, the self-trust rebuild, the complete system-building process. Starts at \$97/month. christineadaniels.com

1:1 Coaching

When you're ready for the most personalized version of this work, we start with real assessments — Enneagram, CliftonStrengths, DISC, The Purpose Factor™ — and build a customized operating system for how you actually want to live. Book a clarity call at christineadaniels.com

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With Clarity,

Christine Daniels

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