

ENERGY TUNE-IN

This weekly energy tune-in is a gentle ritual to help you reconnect with yourself—body, mind, and energy. Healing doesn't happen all at once; it begins with awareness. Use this space to slow down, feel what's present, and listen to your inner wisdom. The more you tune in, the more you'll trust yourself, honor your energy, and move through life with clarity and alignment. Let this be your sacred pause—a moment each day to return to you.

BY DIPAL SHAH



Introduction

WHAT IS ENERGY



Energy is the unseen force that flows through your body, emotions, thoughts, and spirit. It's how you feel when you walk into a room, connect with someone, or sense something without words. Your energy shifts based on your emotions, environment, and inner state. When your energy is balanced, you feel grounded, clear, and aligned. When it's blocked or drained, you might feel anxious, disconnected, or off. Learning to tune into your energy is the first step toward healing and living in alignment with your true self.

"Energy is the essence of life. Every day you decide how you're going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus."
— Oprah Winfrey

Section 1

SETTING YOUR GOALS

Your healing is a journey, not a race. Use this space to set intentions that feel aligned with your energy, not forced by pressure. Think about how you want to feel, what you want to release, and what you're ready to receive. These monthly goals can be gentle milestones to support your growth, clarity, and inner peace. Let them guide you, not control you. Start by printing out one for each month.

7 DAYS

ACTION PLAN

-
-
-
-

14 DAYS

ACTION PLAN

-
-
-
-

21 DAYS

ACTION PLAN

-
-
-
-



Section 1 continued

SETTING YOUR GOALS

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28 DAYS

ACTION PLAN

-
-
-
-

31 DAYS

ACTION PLAN

-
-
-
-



Section 2

LET'S ASSESS

This page is your weekly energy tune-in—a simple yet powerful way to connect with how you're really feeling beneath the surface. Choose the word or phrase that best matches your current energetic state. There's no right or wrong—just awareness.

Be sure to print multiple copies of this section for weekly check-in

How will you rate the following					
PHYSICAL		Never	Rarely	Sometimes	Always
	I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
EMOTIONAL		Never	Rarely	Sometimes	Always
	I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I am able to cope when stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I allot time for my hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 3

WEEKLY CHECKLIST

Print multiple copies of this section to keep track of your energy

Emotions Check in: What emotion is being asked to be acknowledged

- | | |
|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> Angry | <input type="checkbox"/> Calm |
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Happy |
| <input type="checkbox"/> Alone | <input type="checkbox"/> Excited |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Grateful |

Energy Check in

- | | |
|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Rest | <input type="checkbox"/> Grounding |
| <input type="checkbox"/> Movement | <input type="checkbox"/> Boundaries |
| <input type="checkbox"/> Nature | <input type="checkbox"/> Connection |
| <input type="checkbox"/> Healing | <input type="checkbox"/> Silence |
| <input type="checkbox"/> Nourishment | <input type="checkbox"/> Playfulness |

Section 3 continued

WEEKLY CHECKLIST

Print multiple copies of this section to keep track of your energy

Physical activities for the Day

- Exercise and/or go for a walk
- No phone 20 minutes
- Eat healthy food and snacks
- Drink 8 glasses of water
- Get 7 hours of sleep per night
- Spend time in nature
- Enjoy stillness and/or meditate

Emotional activities for the Day

- Journal
- Give yourself a hug
- Listen to favorite music
- Be grateful for 1 thing
- Spend time with family/friends
- Practice meditation
- Do something fun



Section 4

INSIGHTS

Your energy is always speaking... are you listening?

This page is designed to help you gather the wisdom behind the energy you're feeling this week.

Once you've named your energy, now it's time to understand it more deeply.

Use this space to explore the messages your body, mind, and spirit are offering you. Reflect on what's rising, what's being released, and what's ready to be reclaimed.

1 What's Being Released

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2 Intuitive Message (ask yourself "what do I need to know right now")

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3 One Aligned action I can take

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About DIPAL SHAH



In 2015, everything shifted. After an energy initiation that awakened something deep within me, I began to feel things I hadn't allowed myself to feel in years—maybe lifetimes. My body spoke louder. My emotions no longer hid behind productivity. My spirit started remembering what it meant to be whole.

But I didn't have a roadmap. I didn't know how to hold all this energy, this sensitivity, this truth. I only knew I couldn't go back to numbing, ignoring, or pushing through.

So I started checking in. Gently. Daily. Not with a to-do list, but with presence. I began asking myself: How do I feel? What does my energy need? Can I listen without fixing?

This simple ritual became my anchor. It helped me build self-trust. It softened my inner critic. It brought me back to my body and back to my power—again and again.

This Energy Check-In is the same practice I return to, and now I'm sharing it with you. May it be your soft place to land. Your reminder to pause. Your sacred space to feel, heal, and come home to yourself.

With love,
Dipal

DO YOU NEED
MORE HELP?

[GET YOUR HEALER
ARCHETYPE GUIDE](#)



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