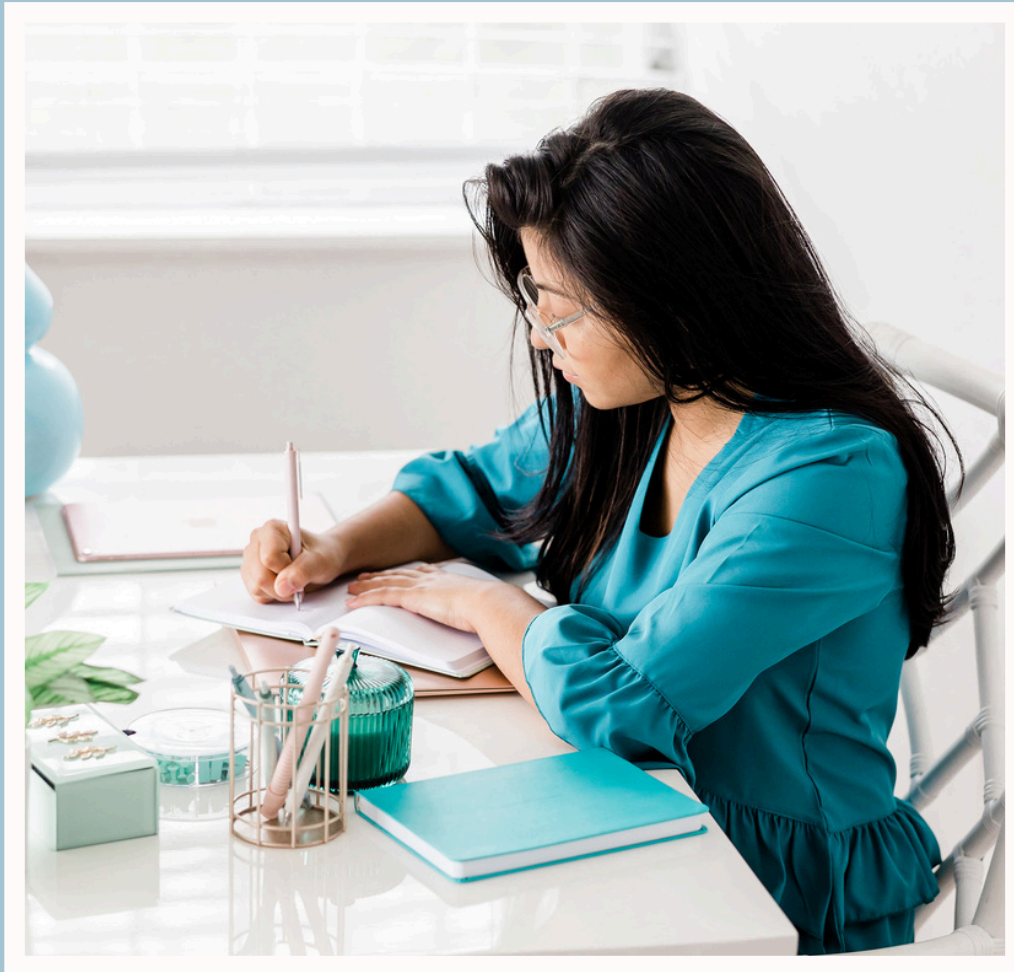




BALANCE TRACKER

Weekly Peace & Energy Log

Boost self-awareness, reduce stress, and
improve your energy!

RONNETTA STOKES-WAGSTAFF
THE PROCRASTINATOR'S COACH

WWW.RSWLIFECOACHING.COM | [@RSWLIFECOACHING](https://www.instagram.com/RSWLIFECOACHING)

WELCOME

Hi There!

Are you feeling overwhelmed, stuck in a cycle of low energy, or struggling to maintain a sense of calm? You're not alone. Life can often feel like an endless to-do list, leaving little space to truly reflect on your well-being. But what if you had the tools to reset, refocus, and reclaim your balance every single week?

Enter the Weekly Peace & Energy Log, a simple yet powerful practice designed to help you track your mood, manage stress, and elevate your energy levels. This is more than a tool; it's your guide to greater self-awareness and intentional living.

ABOUT ME

I'm Ronnetta, your life/procrastinator coach + founder of the Women's Self-Mastery Circle. I coach women to prioritize themselves without guilt—so they can live with clarity, confidence, and joy. My clients are empowered to step out of survival mode and into a life that feels as good as it looks.



Ronnetta Stokes Wingstaff



WHY A WEEKLY TRACKER MATTERS

PART ONE



Creating a log to balance your peace and energy might sound small, but its impact is big. Imagine uncovering exactly what drains you, what energizes you, and what brings you joy. By keeping track of these insights, you empower yourself to make positive changes.

Here are just a few benefits of using a weekly tracker for balance:

1. Boosting Self-Awareness

Journaling your emotions, energy levels, and stress triggers helps you better understand how you're feeling and why. The more you know yourself, the more equipped you are to address your needs effectively.

2. Improving Stress Management

Identifying patterns in your stress triggers allows you to respond rather than react proactively. Over time, logging these patterns helps you develop healthier coping mechanisms to stay calm under pressure.

3. Elevating Your Energy Levels

By assessing your energy highs and lows, you can make smarter choices about where to focus your time and attention. With a clearer picture, you'll find more time for activities that truly fill you up.

4. Creating Intentional Change

Data from your log provides actionable insights. Whether it's improving sleep habits, setting boundaries, or taking regular breaks, your log becomes a playbook for intentional self-improvement.



HOW TO SET UP YOUR WEEKLY PEACE & ENERGY LOG

PART TWO



Starting your log doesn't need to be complicated. Grab a notebook, open a digital app, or create a simple chart, whatever works for you. The beauty of this system lies in its flexibility. Here's how you can structure your tracker:

1. Choose Key Metrics to Track

What aspects of your emotional and physical balance do you want to focus on?

Here are some suggestions to get started:

- Mood (e.g., Happy, Neutral, Anxious, Sad)
- Energy Level (e.g., Energized, Tired, Drained)
- Stress Triggers (e.g., Work tasks, Personal relationships)
- Peaceful Moments (e.g., Yoga, Walks in nature, Meditation)
- Sleep Quality

2. Set Aside Time for Daily Check-Ins

Consistency is key. Pick a time of day, perhaps in the morning or right before bed, to reflect and complete your log. Ask yourself simple questions:

- How am I feeling today?
- What energized me?
- What drained me?
- Did I make time for peace and relaxation?

By dedicating just 3-5 minutes per day, you'll start seeing meaningful patterns emerge.

3. Reflect Weekly

At the end of the week, review your log. Look for trends and patterns. For example:

- Did your energy dip on certain days? Why?
- Were there unexpected moments of joy or peace?
- Was there a specific activity that consistently caused stress?

Reflecting offers clarity, allowing you to adjust your upcoming week to better support your well-being.

4. Set Goals or Make Adjustments

Use your insights to plan ahead. Found a workout routine that boosted your mood? Schedule it more often. Noticed that endless scrolling late at night ruined your sleep? Set boundaries with your phone. These small choices lead to big transformations.



YOUR DAILY AND WEEKLY PEACE & ENERGY LOGS

PART THREE



DAILY CHECK-IN

How am I feeling today?

What energized me?

What drained me?

DAILY CHECK-IN

Did I make time for peace and relaxation? If not, why?

WEEKLY REFLECTION

Did your energy dip on certain days? Why?

Were there unexpected moments of joy or peace?

Was there a specific activity that consistently caused stress?

WEEKLY PEACE & ENERGY LOG

DAY	MOOD	ENERGY	STRESS TRIGGERS	PEACEFUL MOMENTS	NOTES
Monday	   	  	late for work	Went for a walk during lunch	Set alarm for 5 mins earlier
Tuesday	   	  			
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEKLY PEACE & ENERGY LOG

DAY	MOOD	ENERGY	STRESS TRIGGERS	PEACEFUL MOMENTS	NOTES
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



TIPS TO STAY MOTIVATED

PART FOUR



Tracking your peace and energy is a marathon, not a sprint. Stay motivated with these tips:

Celebrate Progress, Not Perfection

Missed a day? That's okay! Focus on the effort you're putting into improving your life.

Make It Yours

Customize your tracker to reflect your personality. Add colors, stickers, or quotes that motivate you.

Find a Buddy

Invite a friend or loved one to create their own tracker. Share your weekly reflections and encourage each other to stay committed.

Treat It Like Self-Care

Think of your tracker as your time to check in with YOU. It's a gift, not a chore.



TAKE THE FIRST STEP



PART FIVE

Are you ready to take control of your well-being one week at a time? Your Weekly Peace & Energy Log is more than a simple practice; it's a powerful way to connect with yourself, find balance, and rediscover the energy and peace you've been craving.

This week, carve out time to set up your tracker. Reflect daily, listen to your needs, and act on what you discover. You deserve to live a life that feels fulfilling and balanced—and it all starts with one small step. Take charge.

Take action. And most importantly, take care of YOU.

WANNA LEARN MORE?

Your Rest Has Now Begun. Now Let's Make It a Lifestyle.

This Balance Tracker is just the start. Inside the **Women's Self-Mastery Circle (WSMC)**, you'll learn:

- How to set boundaries that stick (without guilt).
- How to prioritize your time and energy without feeling selfish.
- How to surround yourself with women who remind you that your peace is non-negotiable.



Plus, you'll get access to:

Monthly workbooks + digital planner

Weekly group coaching calls

Daily check-ins + accountability

The PIVOT mini course

A 90-day affirmation library

Your next “yes” should be to yourself. Join the Circle today and make the shift from drained to empowered.

[JOIN THE WOMEN'S SELF-MASTERY CIRCLE](#)