

Energy Leak Audit *Reset. Realign. Rise.* by K. Elizabeth Green

Reset. Realign. Rise.

You move through countless energy fields every single day — work, family, relationships, media, and even collective events. Without realizing it, your energy leaks into low-vibration spaces, leaving you drained, distracted, and disconnected from your true power.

This audit was created to help you:

- Identify where your energy is leaking
- Call your energy back into your own fertile, expansive field
- Anchor into your natural flow — where clarity, prosperity, and alignment live

Part 1: Spotting the Leaks

- I check the news first thing in the morning
- I say “yes” when I mean “no”
- I replay past conversations in my mind
- I spend more time reacting than creating
- I feel drained after social interactions
- I constantly multitask without completing anything fully
- I let other people’s moods dictate my state
- I procrastinate on what matters most to me
- I compare myself to others online

■ **Reflection: Where do you notice your biggest leaks right now?**

Part 2: Your Energy Anchors

- What activities, places, or people make me feel nourished and clear?
- What daily practices help me reset into my own flow?
- Where in my life can I set clearer boundaries right now?
- What is one action today that will bring me back into alignment?

Part 3: The Reset Ritual

Use this simple 3-minute practice anytime you feel pulled into low vibration energies:

1. **Pause + Presence** — Close your eyes. Take three deep breaths into your belly. Notice what's yours, and what's not.
2. **Call It Back** — Say silently or out loud: "I call my energy back to me, cleansed and whole." Imagine light flowing into your body.
3. **Anchor + Align** — Place your hand on your heart. Repeat: "I am rooted in my own flow. I expand from here."

Part 4: Integration & Expansion

Your energy field is the fertile ground where manifestation happens with ease. When you anchor here, your life reorganizes around your aligned state — magnetizing opportunities, relationships, and prosperity that truly belong to you.

- Commit to just **one reset per day** using this audit, and watch your flow return.

After your reset, continue your journey with:

- **1:1 Energy Alignment Sessions**
- **1-Hour FREE *Master Your Energy* Webinar**

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Your energy is your greatest power — master it, and flow will follow.